

## F.A. Day Dragons

### Boys Soccer Fall 2025 (Coach Murphy and Coach Puleo)

Important Info:

- **Before** tryouts:
  - Register on [Family ID](#) (not able to participate until complete)
  - submit recent physical (valid for 13 months) is on file with [Gayle Larson](#)
- **Tryouts begin\*\***: Meet at Albemarle fields by picnic table
  - Thursday 9/11- tryout day 1
  - Friday 9/12- tryout day 2
  - Monday 9/15- tryout day 3
- **Final Roster selection Mon 9/15**: athletes will receive an email confirming roster status. Once confirmed on final roster you will need to complete below item:
  - [ImPact screening](#) (valid for 2 years): can be done from home
  - [City of Newton Concussion Pre-Participation](#) needs to be signed
  - Pay your Athletic Fee (\$240) or submit a [Fee Waiver](#) prior to first game
- **Practice: Tues 9/16 and Thursday 9/18**
  - Practice 2:45-3:55 PM every day except Wednesdays, school holidays or game days
- **First game: Friday 9/19 @ Bigelow**:
  - Games are scheduled on Mondays and Fridays. When we use a shared field, Boys start 4:30 (first half of season) or 3:30 (second half of season) Game times vary but typically are two 30 minute halves.

\*\*What you should bring for tryouts

- ☐ One or two filled Water bottle (no water access at field)
- ☐ Soccer cleats
- ☐ Shin guards
- ☐ Soccer ball (optional)

Skills Assessed during tryouts

- Overall fitness (speed, endurance, agility)
- Offensive and defensive mindset (passing, finishes, tackles)
- Awareness of time and movement into space on the field (small sided games/drills)
- Communication with teammates
- Decisions under pressure
- Positive team attributes (positive attitude, effort, leadership characteristics)
- Coaches will be as sensitive and transparent as possible and expect the same from players. Use feedback to motivate yourself
- . Maintain focus on the process (skills and drills) and not the outcome (making the team). This is not a perfect process and so understand that many players continue on in high school/town, or club soccer independent of making this team.