

# Girls Soccer

Preseason conditioning for girls soccer will begin on Monday, November 14th, from 4 - 5:15 on the practice field behind White Knoll High School. Middle school students are shuttled to the high school and will need to be picked up behind the school.

All players must have a current physical (dated on or after April 1, 2016) on file with the high school in order to participate.

Middle school athletes must make sure a copy of their physical is sent to the high school.

Players will need to bring water, running shoes, and cleats for conditioning sessions. For practice sessions, players will also need to bring shinguards.

## **2017 PRESEASON | CONDITIONING & PRACTICE DATES**

November 14, 15, 17, 21, 28, 29

December 1, 5, 6, 8, 12, 13, 15, 19, 20

January 9, 10, 11, 12, 16, 17, 19, 23, 24, 26

**TRYOUTS | January 30 - February 2**