

Fairfield Ludlowe High School
Boys Soccer (Varsity, JV and Freshmen)
FCIAC Champions 2014 & 2015
Head Coach- Kevin O'Hara (kohara@fairfieldschools.org)

Any **incoming freshman** who has interest in trying out must e-mail Coach O'Hara with their contact information.

Tryouts-

- Players are required to attend all sessions. Players should bring soccer shoes, running shoes, water, shin guards and be dressed in proper soccer attire.
- ***Thursday August 23rd, 2018-** 1st session 9:00 am - 11:00 am (RLMS field)
2nd session 4:00 pm - 6:30 pm (Turf field)
- ***Friday August 24th, 2018 -** 8:00am -11:00am (RLMS field)
- ***Saturday August 25th, 2018** 10:00 am-12:30 pm (Freshman/Sophomores) (RLMS field)
12:30 pm-3:00 pm (Juniors/Seniors) (RLMS field)
***Times and locations subject to change.**

Rest of week tryouts (Monday through Friday) will be from 2:45 pm – 5:15 pm (RLMS field)

- **Physicals-** *Very important.* Under no circumstances will a student be able to tryout unless physicals have been turned into the nurse on or before **Friday, August 10th**. Please retain a copy of your physical before you hand them in.
- **Parent permission forms-** When you go to <http://fairfieldschools.org/schools/flhs/athletics/> you will see a link called **Parent Permission Form**. Click on this, it will take you to a web page where your parents will be entering the parent permission information. There will be no paper copies anymore. If parent permission forms are not turned in, students will not be able to tryout.

Minimum requirement to make the team.

Players will need to run 2 miles under the time of 13:00 minutes.

- If the player completes this task, they are finished with this requirement.
- If player runs under 14:15, then they will be required to run 1 mile under 6:15, at the next practice
- If a player cannot run 2 miles under 14:15, they will continue this process at the next practice until they have completed this requirement.

There will be a player meeting on **Monday, August 20th at 4:00 pm in the cafeteria at FLHS**. Parent Permission and medical forms should be done prior to this meeting. If you are still away on vacation, please let coach know.

Captain Practices will be run over the summer. If you are interested in attending please contact one of your Captains- Nicholas Rullo (Rullonico@gmail.com) or Kristo Boci (Kristoboci@yahoo.com) for more information.