



BOYS' SOCCER INTEREST MEETING

September 5, 2025

Coach Andreacci



WELCOME!

- You must have a physical exam approved by the school district's doctor to try-out for any sport. You cannot stay after school for soccer try-outs until you are on the "approved" list. Your parents must sign you up and complete the items on the RealTime parent portal: **FridayParentPortal.com/oldbridge**
- Our first game is September 15 versus Sandburg. That gives us only a few days to pick a team and practice.
- The schedule is on Teams, SportsYou, and the team website at jsms.com. (12 games)

- Now, it's time to **Check tryout eligibility approvals.**

SOCCER TRY-OUTS

- Keep your grades up and don't get in trouble. You will get removed from the team if your grades drop and you end up on the Restricted list; or, if your teachers report bad behavior to me.
- School sports are not the same as rec. or club sports. School sports are a privilege, not a right.
- Academics are more important than sports. That's why you are called a student-athlete, not an athlete-student.
- If you make the team, you will have to stay after school most school days until the end of October. (No weekends.)

SOCCER TRY-OUTS

- By trying out for this team, you are making a commitment to come to ALL practices and games.
- If you have CCD, doctor's appointment, or any other reason for an excused absence, you have to tell me **BEFORE** you are absent. (A parent note or email is good.) Otherwise, you cannot play in the next game.
- We have practices until 4:30 PM on every school day that we do not have a game. You need a ride home after practices.

SOCCER TRY-OUTS

- Home games are usually over by 5:30 PM. Parents must pick you up. **There is no bus to take you home from Salk.** Parents are welcome to watch home and away games. All games start at 4 PM, except the **Pink Out** night game.
- I prefer that you ride with the team on the team bus to and from away games.
- A parent can only take their own child home from away games. No carpooling. A separate paper form has to be given to me after each away game that your parent takes you from.
- Tell me at least one day in advance, if you cannot stay for a practice or go to a game. Use Teams or SportsYou to message me using Chat button, or tell me in person.
- Just because you were on the Salk soccer team last year does **not** mean you are on the team this year.
- When you stay after for try-outs, go to your locker at 2:30, change in the locker room then meet in the gym with all of your stuff. Do not run around the gym. Please take a seat by the wall.

SOCCER TRY-OUTS

- All grades (6th, 7th, 8th) Monday, 9/8, until 4:30 PM.
- 6th graders only Tuesday, 9/9, until 4:30 PM.
- 7th & 8th graders only on Wednesday, 9/10, until 4:30 PM.
- All grades on Thursday, 9/11, until 4:30 PM, first cuts. Practices continue.
- Bring water each day. You can fill up a water bottle in school. Bring sunscreen. Energy drinks are **not** a good choice. (no Monster, Red Bull, etc) Get a good night's sleep. Be ready to run.
- Equipment you need to bring: shorts, appropriate shin guards, soccer socks, cleats or sneakers, size 5 ball (if you have one)
- You have to bring a soccer bag. Ask your homeroom teacher to keep your soccer bag in homeroom. It won't fit in your locker.



SOCCER TRY-OUTS

- People not selected for the team might be asked to be a manager after try-outs are finished.
- People not selected for the team do have a better chance each year they get older.
- You cannot attend soccer sessions/games on school days that you are absent for more than 3 and 1/2 periods (half day or more). (11:30 AM)
- Play soccer. Watch soccer. Dribble, pass against a wall, and run!
- Shin guards **must** have this symbol on them:



SOCCER TRY-OUTS

- Please fill out an index card:
 1. **Last name, first name** on top row of card
 2. **homeroom #**, like 61A or 83C on the second line
 3. **Left** foot or **right** foot preferred? Answer on the third line down.
 4. **preferred position in soccer? (Answer: forward, mid, fullback, or keeper)** Fourth line on card.
 5. **List your soccer experience/teams you were on recently**
- Report injuries to the coach. “It’s better to miss one game than miss a whole season.”
- List signs/symptoms of a concussion.

SYMPTOMS OF A CONCUSSION

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurred vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”

QUESTIONS?

Good luck. Try your best.

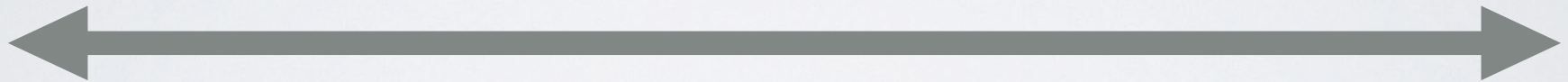




QUOTES

“I’m not going to promise you anything. You have to come in, work hard, and earn everything you receive.”

–Coach K
(Mike Krzyzewski)



“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”

– Derek Jeter