

# Enloe Men's Soccer 2008



## About Enloe Soccer

The men's soccer teams play during the fall season. There is a Varsity team that is open to players of all grades and the Junior Varsity that is usually limited to freshman and sophomores.

### Coaches:

Varsity – Coach Tom Kraft  
JV- Coach Brian Wood

Most practices run from 2:45 – 5ish weekdays with 2 to 3 games usually played Monday – Thursday from the end of August through October. The Varsity season could extend into mid-November.

## Important Dates

- ◉ **Pre-season Conditioning**
  - Tuesday's and Thursday's beginning July 8<sup>th</sup> @ Enloe game field – 6 until dark
- ◉ **July 31 - Fitness Testing on Enloe Game Field – TBA**
- ◉ **Aug. 4 – 6 - Tryout week – 5:00 – 8:00 – see other side for info.**

## Are you Eligible??

In order to play soccer you must meet certain eligibility requirements. Your physical form has additional details on the back.

Here are some of the basics:

- You must have a current physical on file. You cannot take part in pre-season activities or try-outs until this is done. A copy of the form can be found on the Enloe website at <http://enloehs.wcpss.net/sports/>
- You must be enrolled in and have passed a minimum of five credit subjects with a minimum cumulative overall GPA of 1.5 for the second semester of 2007-2008
- You must have had an 85% (13.5 days) attendance for the 2<sup>nd</sup> semester of 2007-2008
- You may not have turned 19 prior to October 16 of the current school year.
- More eligibility Info: [http://www.wcpss.net/athletics/high\\_school\\_eligibility.html](http://www.wcpss.net/athletics/high_school_eligibility.html)

## Ready to Play?

The CAP 7 is one of the toughest districts in the state of North Carolina. Teams currently in our district have won 15 state championships in the last 26 years. In order to be successful you must be mentally and physically fit to compete.

A summer pre-season fitness and conditioning program will be conducted every Tuesday and Thursday evenings beginning July 8, 2008 for anyone interested in trying out this for the teams this summer. The summer program will consist of full-field and small-sided games to see players in different situations and will also include a series of fitness exercises to improve cardio-respiratory fitness, speed, agility, power, and strength.

It is important that you attend as many sessions as possible if you plan to benefit from the work out program. Although the program is not mandatory, it is highly recommended that you attend in order to be physically ready for try-outs.

A current physical must be on file. Bring your completed physical form on the first day you attend conditioning. Fitness testing will begin the Thursday before tryouts. Bring water, running shoes, cleats, shin guards and a ball (if available) to every session.

## Tryout Week August 4 – 6

Past history tells us that we can expect upwards of 70 – 80 players during the try-out week. This upcoming season we have over 30 players possibly returning from last year's teams. We usually carry 36-40 players between the Junior Varsity and Varsity teams. Simple math tells you that competition will be tough! Are you prepared to do your best to show the coaches that you should be one of the top 38 players?

### Times for try-outs:

- **9<sup>th</sup> and 10<sup>th</sup> graders not in the Enloe Soccer Program last year: 5:00 – 7:00**
- **All 11<sup>th</sup> and 12<sup>th</sup> graders and all returning players: 6:00 – 8:00**

Your selection to the team will be based on your success in the following activities:

1. Fitness tests to include the Cooper Test (12 minute run) and the 40-yard dash.
2. Individual skill drills to include attacking, possession, and defending abilities.
3. Observations to evaluate your ability to read the game and willingness to be a team player.
4. Attitude.
5. Small-sided games (5 V 5 or 6 V 6).
6. Full-field games.

The coaching staff has 3 days to evaluate a large number of players. Therefore, it is critical that you always show your best during the tryout sessions. Do not assume that you will be selected on reputation alone. Everything the staff knows about you is what they see during the tryouts. Be sure to bring water, running shoes, cleats, shin guards and a ball (if available).

## Commitment

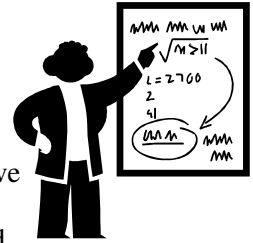
Once you have been selected to the team, it is expected that Enloe Soccer take priority. Aside from family and academics, you should expect to schedule other events around the 2:45 – 5ish practices as well as all of the scheduled games for the season. We cannot function as a team if we are not on the same page. Missing practices and games will get in the way of your success, as well as the team's success.

## Expectations

Once you have been selected to the team, you become a representative of the team in school and in the community.

The coaching staff will work closely with all of your teachers to help keep you on the right track. We firmly believe that success in the classroom translates to success on the field.

Expect us to make a connection between your classroom activities and your membership on the soccer team.



**Be sure to check the men's soccer page on the Enloe website for any changes and times for try-outs.**

<http://enloehs.wcpss.net/sports/soccer-m/>

**For more information or questions, see Coach Kraft at school, call (919) 856-7918 or e-mail at [tkraft@wcpss.net](mailto:tkraft@wcpss.net)**

