



2018 West High School Boy's Soccer Player's Checklist of "Things to Do" Prior to Tryouts



Be Eligible!

- You must have a 2.0 GPA or better for the 2nd Term and must continue to maintain this minimum GPA during the 3rd Term to remain eligible
- You cannot have more than one "F" or equivalent grade during the 2nd or 3rd Term, regardless of your GPA
- You must be registered for and receive a grade in a minimum of 5 academic classes. Release time and Seminary do not count towards the 5.
- The best way to meet these requirements is to GO TO CLASS and DO THE WORK!



Register BEFORE Tryouts on Registermyathlete.com (*Prior to Tryouts*)

**The link to the website and instructions on what to do can be found on the boy's soccer page of the West High School Website*



Complete and pass a physical, administered by a doctor and submit "Form A"

- Returning players must have this done prior to February 26th Tryouts (Preferably before Winter Recess)
- New players will have to complete this requirement prior to or upon making the team
- Players must complete "FORM A" (*Requires an actual physical*) and submit to Athletic Trainer Garth McFarland
- "Form A" can be found on the boy's soccer page of the West High School website or can be attained from the School Athletic Trainer Garth McFarland
- There is an opportunity to have a physical completed on November 9th. West has arranged doctors at the University of Utah to perform the physicals. You must pay \$20 to the West Treasurer's Office prior to November 8th to be included. You must also bring a completed "Form A" with you, including signatures. Buses will depart West at 5:30 PM on November 9th and will return the student athletes to the school upon completion.



Insurance

- Players are encouraged to have or attain insurance coverage prior to tryouts
- Players/Parents will have the opportunity to waive insurance coverage if they also provide a release of liability, which can be done in Register My Athlete



Other

- Concussion training and testing will be required and arranged after the new year
- Fees will be required to participate including a \$50 activity fee (Can be waived if on fee waiver) and \$75 to cover uniform and team building expenses (game socks, clothing, banquet, etc.)
- A fundraiser may be required, if necessary



Stay in Shape

- Players are encouraged to stay in shape over the winter months as we don't have much time to condition before the season starts
- Tryouts may include a fitness test as part of the selection process
- High School Soccer is very physically demanding and being well conditioned can help to limit injuries