

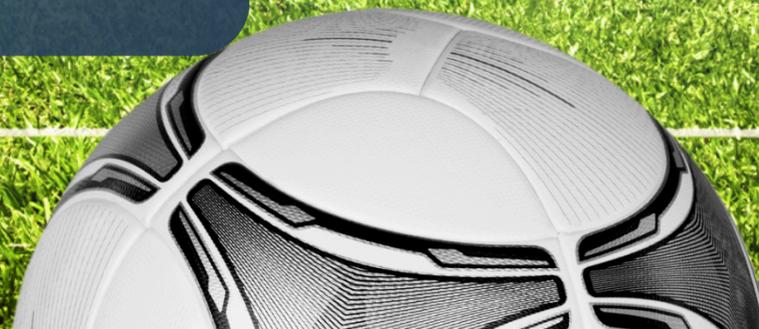
A large stadium at night with bright lights and a soccer ball in the foreground. The stadium is filled with spectators, and the field is illuminated by bright lights. The text "BANKS JH 2026 SOCCER" is prominently displayed in the center of the image.

# BANKS JH 2026 SOCCER

#GetemGators

# CONTENT

- 01 About Coach Seaton**
- 02 Tryout Schedule**
- 03 Tryout Requirements**
- 04 Tryout Rubric**
- 05 First Cuts**
- 06 Final Cuts**
- 07 Game Structure**
- 08 Who Will Make The Team**



# ABOUT ME

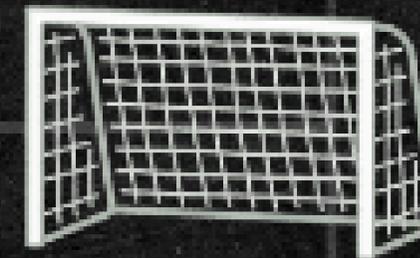
- Coach Seaton
- Father of 2 girls ( 1yr 10mth & 4mth )
- Head Soccer Coach, Assistant Soccer Coach at Tomas HS, and Assistant Football Coach at Banks JH
- Contact Info: [Jeremy.seaton@lcisd.org](mailto:Jeremy.seaton@lcisd.org)



# **BANKS JUNIOR HIGH BOYS SOCCER TRYOUTS 2026**

**BOYS COACH: COACH SEATON**

**MARCH 2 - 5**



## **TRYOUT SCHEDULE**

**MONDAY: AFTER SCHOOL UNTIL 6:00PM**

**TUESDAY: BEFORE SCHOOL 6:00AM**

**WEDNSDAY: AFTER SCHOOL UNTIL 6:00PM**

**THURSDAY: AFTER SCHOOL UNTIL 6:00PM**

# TRYOUT REQUIREMENTS



## Physical

An up to date physical must be turned into me before tryouts begin. A physical can be completed by at most PCP, Dr., or Clinic.



## Rankone Forms

All Rankone forms must be completed before tryouts begin. An athlete must be cleared (Green) in Rankone in order to tryout.



## Grades

To be eligible for the team, all athletes were required to pass their 4th six-weeks report card.  
**STUDENT - ATHLETE**

# TRYOUT RUBRIC

## CONDITIONING

Athletes will go through different forms of conditioning. They will be tested on endurance, speed, and agility.

## PASSING

Athletes will be evaluated on different methods of passing, such as: short passes, long passes, and overall situational passing. They will also be tested of their ability to receive the ball.

## SHOOTING

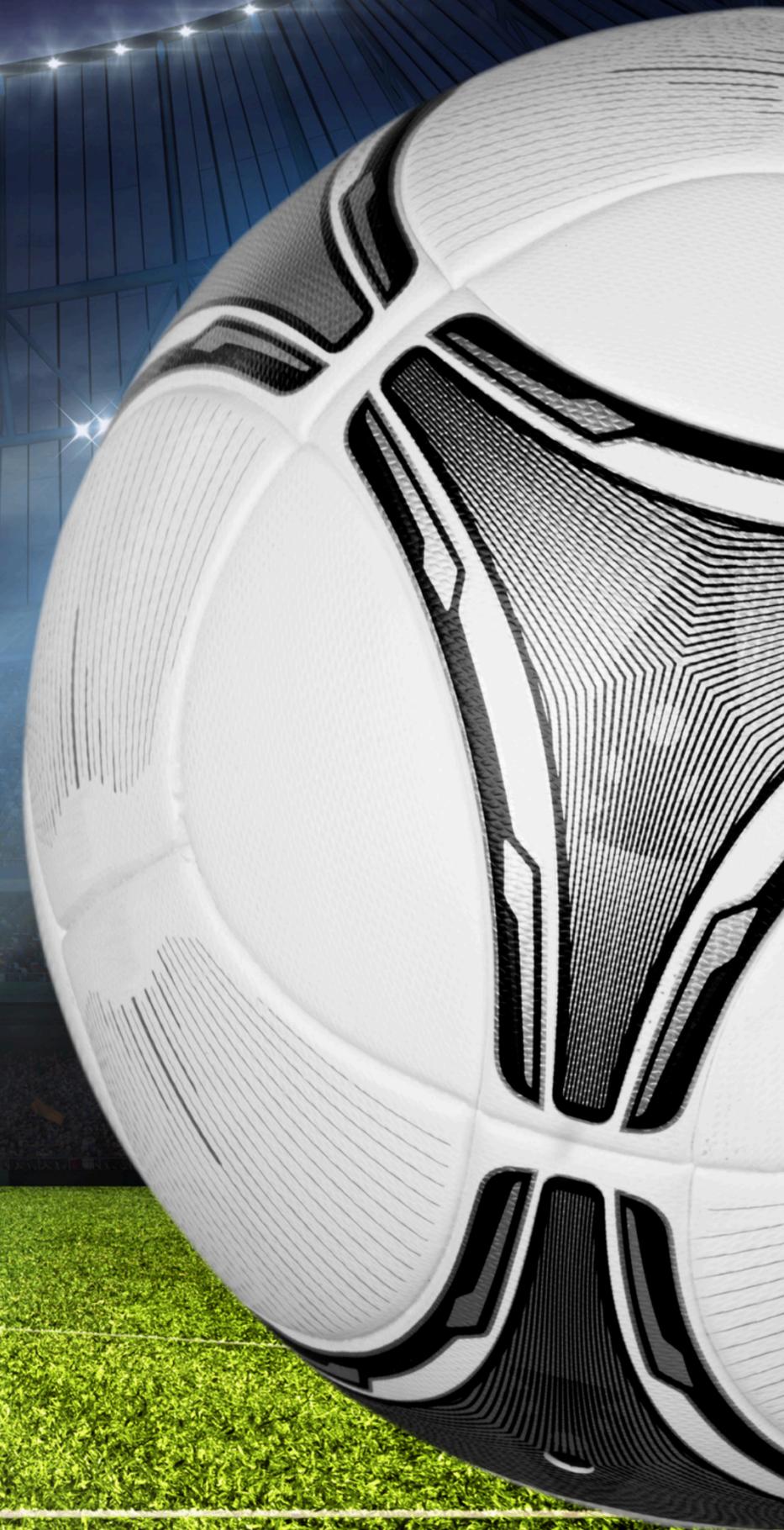
Athletes will be evaluated on proper technique, composure under pressure, and attacking with confidence. Shooting drills will include header, volleys, 2 touch and 1 touch shooting.

## GAMEPLAY

Athletes will be evaluated on their ability to play in a game situation. I'm looking for composure on the field, spacing, communication, and overall ability to play as a team.

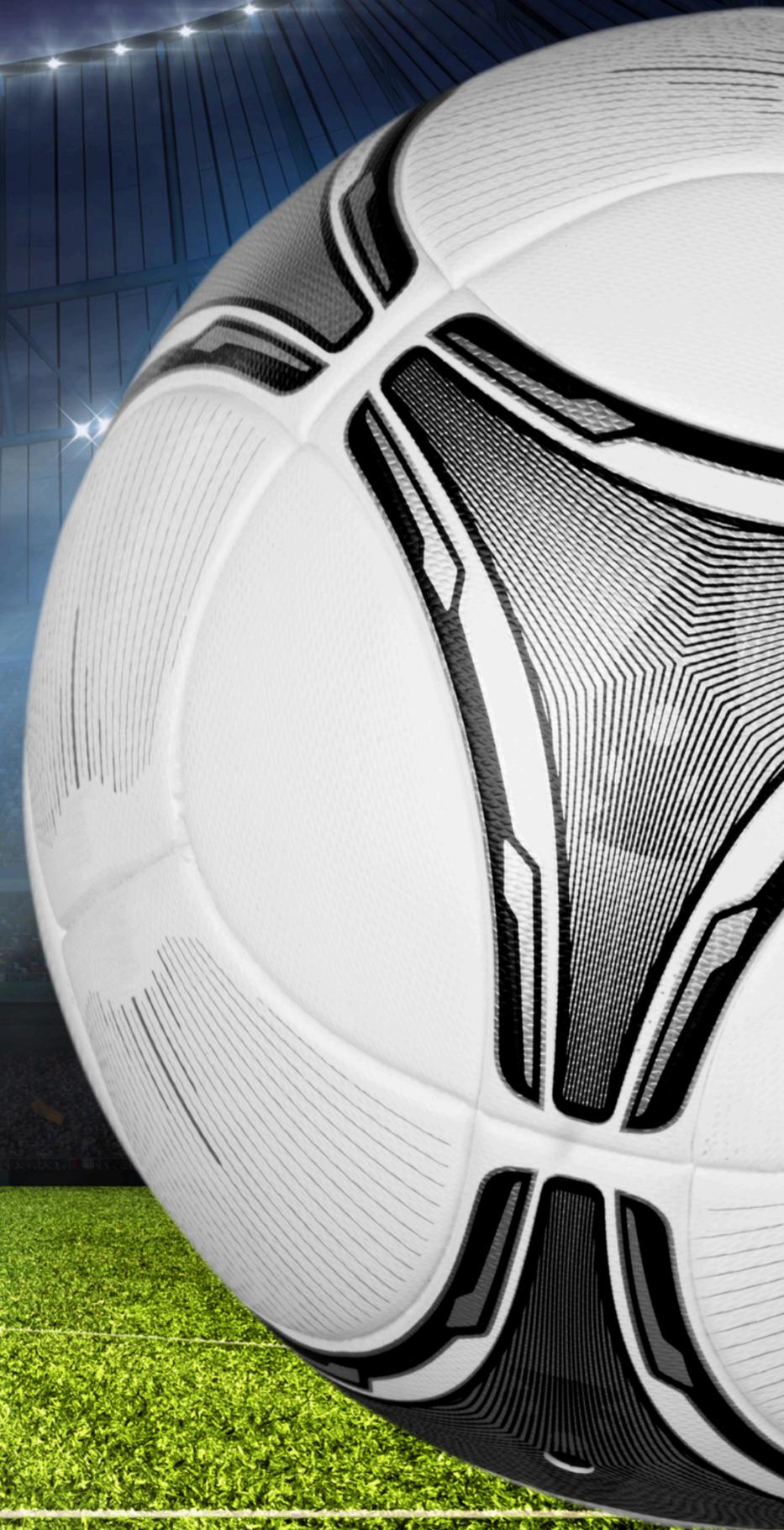
# FIRST CUTS

- First cuts will be made after day 2 of tryouts. Posted on the Competition Gym doors.
- A first cut sets the standard. It ensures we're building a competitive, focused roster where every athlete is ready to meet the expectations of the program.
- **Cuts are not personal!** Our goal is to put the best possible team on the field while maintaining accountability and integrity in the program.



# FINAL CUTS

- Final cuts will be made Thursday March 5<sup>th</sup> after tryouts.
- Final team will be posted on the gym doors of the Competition Gym Friday morning March 6<sup>th</sup>.
- I will email the parents/guardians of each athlete that made the team Friday March 6<sup>th</sup>.



# GAME STRUCTURE



- **Only one game!!!**
- 5 7<sup>th</sup> graders and 5 8<sup>th</sup> graders on the field at once.
- One goalie either 7<sup>th</sup> or 8<sup>th</sup> grade on the field.
- Tie Breakers:  
Regular season = Tie  
Playoffs = PK Shootout

# WHO WILL MAKE THE TEAM

- **7<sup>th</sup> grade - 9 Field Players & 1 Goalie**
- **8<sup>th</sup> grade - 9 Field Players & 1 Goalie**
- **Reserves - Mixture of 7<sup>th</sup> and 8<sup>th</sup> grade players (Maximum 8)**
- **Managers - 2 managers (one 7<sup>th</sup> grade and one 8<sup>th</sup> grade)**



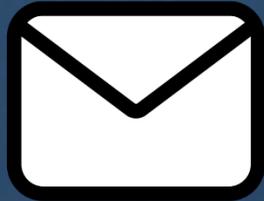
# MASCOT MEDIA

## **MASCOT MEDIA**

Any and all information regarding games and practices will be shared through Mascot Media.

# THANK YOU

Any questions?



[Jeremy.seaton@lcisd.org](mailto:Jeremy.seaton@lcisd.org)

