A large, modern stadium at night, illuminated by bright lights. The stadium is filled with spectators, and the field is visible in the foreground. A soccer ball is prominently displayed in the lower center of the image. The text is overlaid on the stadium background.

ELLA BANKS GIRLS SOCCER

Parent Meeting

CONTENT

- 01 Welcome
- 02 Contact Information
- 03 Tryout Schedule
- 04 Tryout Requirements
- 05 Tryout Rubric
- 06 Making the team
- 07 Game Structure
- 08 Questions?



COACH RAO

Contact Info: kara.rao@lcisd.org

You can also message me on parent square.

- My notifications on Parent Square come through quicker than email.

GIRLS SOCCER TRYOUTS

MARCH 2-6

**8TH GRADE
BEFORE SCHOOL**

**MON - TUES
STARTING AT
6:30 AM**

**Wednesday
NO TRYOUTS**

**THURSDAY
at 6:30**

**7TH GRADE
AFTER SCHOOL
5:00PM**

**MON - TUES
ENDING AT
6:00 PM**

**Wednesday
NO TRYOUTS**

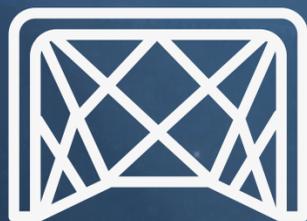
**THURSDAY ends
at 6:00 PM**

GEAR

Athletes need to have shorts, t-shirt, shin guards, and cleats for tryouts.

I would also recommend having a filled water bottle at tryouts.

TRYOUT REQUIREMENTS



Physical

An up to date physical needs to be turned into me before tryouts begin



Rank 1 Forms

All Rank 1 forms need to be signed or uploaded before tryouts begin



Grades

To be eligible for the team, all athletes must be passing their classes with a 70 or higher

TRYOUTS 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 ball control when receiving passes.

GAME PLAY

Athletes will be evaluated on their ability to play in game situations and their field awareness. I'm looking for composure on the field spacing, and communication

BALL CONTROL

Athletes will complete several drills that test their ability to control the ball when dribbling

GAME STRUCTURE



Only one game!

5 7th graders and 5
8th graders on the
field at once

One goalie either 7th
or 8th grade on the
field

MAKING THE TEAM



On Friday March 6th I will post the teams on the girls locker room door. As well as sending out an email to all the parents of the girls that made the team.



When we come back from spring break, if you did not make the team we can meet and go over the things you can improve on for next year



Practices will start the Monday after spring break at 6:30 AM





MASCOT MEDIA

MASCOT MEDIA

Every important information for Girls Soccer will be posted in Mascot Media. I will have the game schedule, practice schedule, and any other necessary information posted in mascot media for you to view.





THANK YOU

Questions?

@ kara.rao@lcisd.org