

# Holy Cross Boys Soccer



## From the Coach Guida

Dear Players and Parents,

I would first like to extend my gratitude to all those who participated in the Encore Summer League and Lion and Lancer Soccer Camp. Both the league and the camp were a huge success large in part by your commitment, hard work and determination to become better players.

I am writing this email to inform you of our finalized mandatory preseason schedule as well as the items you will need to bring with you to tryouts. You will be able to find specific dates and times of all practices that lead up to the start of school. Once school begins, all teams will have practice right after school until approximately 5:30 (the end time will be at your coach's discretion.)

First of all, please make sure that you get your medical forms to the nurse. Any player who is not cleared by the nurse by August 22nd, will not be able to participate in practice. Every player in the program needs to be at practice on the 22nd in order to have the NJSIAA required six practices in before the first scrimmage on the 31st.

**YOU MUST BRING THE FOLLOWING ITEMS TO EVERY PRACTICE SESSION. AN INFLATED SOCCER BALL, CLEATS, SHIN GUARDS, TRAINING/RUNNING SHOES, OUR OWN WATER BOTTLE AND ONE RED AND ONE WHITE SHIRT. THE SCHOOL WILL BE OPEN BUT LOCKERS ARE UNAVAILABLE. If you need to see the trainer, he will be available. Please be sure to meet with him at least a half hour before the scheduled start of practice.**

Holy Cross will conduct **MANDATORY TRYOUTS** for the 2009 fall season on the following dates and times:

Saturday, August 22nd – 9am – 11:30am and 2pm – 4pm

Sunday, August 23rd - OFF

Monday, August 24th – 5:00pm – 7:30pm

Tuesday, August 25th – 8am-10am (VARSITY ONLY) and 5:00pm – 7:30pm

Wednesday, August 26th -5:00pm – 7:30pm

Thursday, August 27th - 8am-10am (VARSITY ONLY) and 5:00pm – 7:30pm

Friday, August 28th - 5:00pm – 7:30pm

Saturday, August 29th – 9am-11:30am

Sunday, August 30th - OFF

Monday, August 31st – Scrimmage Lenape 10am. BE AT FIELDS BY 9:00am

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All other practice times will be as follows. Until school starts 5:00pm – 7:30pm. Once school begins 3:00pm – 5:30pm. This means if you have school, then expect practice to be right after school.

### Remaining Scrimmage Schedule

Friday, September 4: Cherry Hill West 10am. Be at fields by 9am

Wednesday, September 9: At Cherokee 4:00pm. Be at school by 2:30pm.

If you are playing varsity, we will be going on a team building trip to the Poconos during the first week of September. We will be leaving after our scrimmage with Lenape and returning on Wednesday, September 2nd. The final cost per player has not been determined yet. More information will be given to you as we approach the trip.

### Other Important Dates

First Parents Meeting will be on Thursday, August 27th @ 7:00pm. All parents of players are asked to attend.

I look forward to seeing everyone at tryouts. Holy Cross has had a long standing tradition of excellence and earning a jersey will make you a part of a long line of outstanding players and teams.

Sincerely,

Thomas Guida  
Boys Varsity Soccer Coach  
Holy Cross High School

August 18, 2009