

I hope you are all enjoying your summer and getting ready to come back to CMIT.

Tryouts for both the boys team and girls team will begin on MONDAY AUGUST 14th at 8:00am-10:30am on the WSSC Soccer Field (located on the corner of Sweitzer Lane and Frost Place). All students must arrange for their own transportation to and from the field. Tryouts will continue at 8am each morning until Friday August 18th. It is in your best interest to attend all days of tryouts. Official varsity team rosters will be posted at the end of tryouts on Friday.

**In order to tryout you must complete the following before August 14th:**

- Have a minimum GPA of 2.0 for the 4th quarter of the previous school year.
- Be officially enrolled at CMIT High School.
- Be younger than age 19 prior to September 1, 2017.
- Register on FormReLeaf with your parent/guardian (***NEW THIS YEAR: the student-athlete packet has now become electronic making it easier for you to complete***). All steps are located on our schools website or you can click the following link:  
<http://cmitacademy.org/student-athlete-registration/>
- Turn in a valid medical form completed by a doctor Attached in this is a PDF version of the medical form (This is the ONLY form that I will need a hard copy of on file. No need to turn in the entire packet anymore).

To be prepared for tryouts:

- A good attitude, a hard work ethic, and positive sportsmanship.
- **Wear** running sneakers as well as loose, comfortable, and appropriate athletic clothing.
- **Bring** soccer cleats, shin guards, soccer socks, plenty of cold water It will be hot so please make sure to drink plenty of fluids before, during, and after tryouts. We will be doing a lot of running and conditioning. I recommend freezing water bottles the night before so you have something cold and refreshing to drink.
- Arrange for rides ahead of time so you can be sure you are on time for tryouts. Tardiness will not be tolerated.
- If you have not done do already, begin training and running on your own. Athletes will be expected to complete a mile and a half run in under 12 minutes and/or complete 80 laps on the pacer test during the week of tryouts.

This years game schedule is already posted on our school's athletics website. Please realize that being a part of the soccer team is a time consuming commitment. We will practice most days of the week, even when there are no games. In order to be a successful student-athlete you must learn to balance your academic and athletic lifestyle. Remember, STUDENT comes before athlete. Being a part of this team is a privilege. There will be a fee associated with the team that will be discussed once the official team roster is in place.

If you have any questions please do not hesitate to contact me at [blawrence@cmitacademy.org](mailto:blawrence@cmitacademy.org). I look forward to seeing all of you on Monday the 14th. Let's go Tigers!