

NAMS Soccer



Middle School co-ed soccer is open to 7th and 8th grade boys and girls. We have an A team and a B team, about 15 players on each.

Coaches:

Middle School varsity coach: Mr. Paul Kroll <pkroll@nazarethasd.org>

Middle School junior varsity coach: Mr. Tom Remely <tremely@nazarethasd.org>

Team website:

Go to the District website, click on Athletics, then click on Soccer Middle School

Co-Ed Info. Link: <www.nazarethasd.org/Domain/78>.

Open Field / Open Gym Sessions:

Open Gyms allow players to play with other middle school players who may not be on their club team. They also allow players who will be trying out for the MS team to get used to playing on a gym floor, since much if not all of tryouts will be held in the gym. Participation in open gym is not mandatory and attendance will have no bearing on tryouts. Sessions will be supervised by the MS coaches. Players are asked to wear their gym shirts for open gyms.

Paperwork:

Physical/registration form must be returned to the school office or athletic office **by Monday February 24, 2014**, in order to try out for the team. Low-cost physicals (usually around \$8) for spring sports will be available at the high school in the winter, dates TBD. If you already had a physical for a fall or winter sport in the same school year, you will not need another one but will need to update the registration form. It can be downloaded from the Athletic Office site (<http://www.nazarethasd.org/Domain/72>)

Dates & Times:

- **7th Grade open field sessions** will be November 11 and 15 (practice field across from MS parking lot)
- **8th Grade open field sessions** will be November 8 and 14
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- **7th Grade open gyms** will be February 14, 21, and 28 (MS gymnasium)
- **8th Grade open gyms** will be February 13, 20, and 27
- **Tryouts** will be March 3 through 7, Times TBD, and the season runs from March until mid-May.
- **Practice** is every weekday after school until 4:30.
- **Games** are scheduled on weekdays, warmups at 3:00, Varsity game at 4:00, JV around 5:15, ending around 6:00. For most up-to-date game schedule, look for the game schedule link on the team website

Preparation:

You don't have to be at a formal practice to train. You can do some of these things in small spaces by yourself:
Crunches, Pushups, Suicides, Juggles, Small touches using all surfaces of both feet, and Watch games.

Generally, Middle School soccer does not conflict with club soccer.

