

**Bridgewater State University
Women's Soccer**

325 Plymouth Street • Bridgewater, MA • 02325 • (508) 531-1352

womens.soccer@bridgew.edu

Information for Summer Off Season and Incoming Candidates Fall 2012

Prospective Athlete Forms - All players who intend to participate in tryouts for Fall 2012 must complete the online Bridgewater State Women's Soccer Prospective Athlete Form/Questionnaire. If you haven't already completed it, the link is:

<http://www.bsubears.com/sports/wsoc/Frontrushprospec>

Off Season Conditioning and Workouts - will be emailed to players after they have submitted their information on the above form, are registered with the University, and are confirmed they are trying out with the coaching staff. Players are expected to diligently follow the program which will consist of several training blocks including aerobic fitness, anaerobic fitness, agility, strength, and ball control training. There is also a section on nutrition. Players are highly encouraged to play on summer teams and/or play other sports and stay active. Do not underestimate the importance of off season conditioning! A large part of how you will be evaluated at tryouts is tied to and has a direct connection with the off season workouts.

Medical Clearance(s) - New and incoming players will need a physical and must file medical clearance forms with the Bridgewater State Athletic Department prior to participating in any activities. Please take care of this early, physical exams can often take months to schedule. Forms must be turned into the BSU Athletic Department, please don't send them to the coaching staff.

The link for medical forms and clearances is:

http://www.bsubears.com/landing/for_student-athlete/index

Medical clearances should be mailed to the Bridgewater State Athletics Department, which is the same as the address listed for the Preseason Camp Tryout Fee below.

Preseason Camp Tryout Fee - we will again be charging a preseason registration fee in the amount of \$50. Checks should be made out to "Bridgewater State Athletics -Women's Soccer" and mailed to:

Andrew Coppola
Women's Soccer
Bridgewater State University
Department of Athletics
325 Plymouth Street
Bridgewater, MA 02325

It's important that you add the words "Women's Soccer", otherwise there is a possibility that the checks will be deposited into the wrong account. Each player attending tryouts will receive two 100% cotton T-shirts (one red, one white) with a 3 digit number on it which will be yours to keep. You will be required to wear those shirts during tryouts. **All registration fees should be paid no later than July 15th.** If we don't receive payment, we will assume you are not interested in trying out for Women's soccer and will leave your name off the list we submit to Housing for preseason camp.

Shoes - If you plan on purchasing new soccer shoes/cleats before next season, it would be a good idea to buy them early in the summer (June?) and not at the start of preseason camp. One way to break shoes in is to wear them for 15-30 minutes at a time during summer workouts or games. That way, you avoid getting blisters and sore feet during the critical time of tryouts. There are a few days where we will be running up to three sessions per day in the pre-season, so do your feet a favor and break in your shoes prior to arriving at camp.

BSU Women's Soccer on Facebook - We just started a Facebook page that has the latest updates for players, parents, alumni and fans. We have also posted all of last season's (2011) game photo's there. You can like us at:

<http://www.facebook.com/BSUBearsWomensSoccer>

Questions? - If you need any additional information, please don't hesitate to contact us at the email address listed above. We will be happy to answer any questions which you might have. Good luck and we'll look forward to seeing you on August 22nd!