Middle School upcoming Freshmen

CROSS COUNTRY:

Cross Country is one of the few no cut teams in high school athletics.  It is a sport where progress is measured solely against yourself and performance is relative to what you put into the sport.  No matter what you’re ability, there is a spot for you.  We truly build folks from couch to 5k.   However, we are not a fitness club that you can come and go as you please.  We ask for a commitment of your time so that you can improve from start to finish.    Our summers are our primary time for getting into shape, with individual training beginning on 21 June and daily fun runs beginning on 28 June.  Fun runs are optional but we encourage folks to do as much as they can during the summer.  Everyone that joins the summer runs ends up entering high school a step ahead with a tight knit group of friends already in place.  We already have 17 incoming 8th graders signed up and we look forward to having more of you.  If you are interested in learning more about the season, I have a link to our parent/athlete video I can send out if you email.  If you would like to be on our mailing list for this summer please [fill out this form](https://forms.gle/f6FzvGjwiWzsMEtbA).

 Questions can be sent to [coachdashxctrack@gmail.com](mailto:coachdashxctrack@gmail.com).

FIELD HOCKEY:

TO INCOMING FRESHMAN: Want to try a sport? Come try field hockey! –

Anyone can come out for the team. Experience is not required.

Anyone who would like information over the summer, please fill out the Google spreadsheet: <https://docs.google.com/spreadsheets/d/1tUTdScuwnjNsrxRu4ZAsVuUFjxTkcU1DJCpt4oIqPQs/edit?usp=sharing>

Filling out the form does not mean you have to play; it is just so you can get information over the summer.

First day of practice is Thursday August 26th. Times TBD

Items needed to play: field hockey stick, shin guards, mouthguard, sneakers and cleats.

Any questions, please email me: Erin Luddy – [eluddy@southingtonschools.org](mailto:eluddy@southingtonschools.org)

FOOTBALL:

Contact the coach below for more information over the summer.

Coach Mike Drury [mdrury@southingtonschools.org](mailto:mdrury@southingtonschools.org)

BOYS SOCCER

Any boy interested in trying out for the soccer team in the fall must first be registered and approved on FamilyID. Tryouts will occur Thursday August 26th, Friday August 27th, and Saturday August 28th. Prospective athletes should bring their own water to tryouts, should bring both running shoes and cleats, and should bring shin guards. Prospective athletes do not need to bring their own ball. Tryouts will focus around the Technical, Tactical, Mental, and Physical aspects of the game of soccer. Prospective players will be assessed in all these areas throughout the tryout process, and there will be specific conditioning tests used as a means of comparison. While we do have a Freshman specific team, if athletes are ready to make the jump to the JV or Varsity levels we believe if you're good enough, you're old enough.

Incoming Freshman are invited to attend summer conditioning sessions and should reach out to Coach Magaro for more information or with any questions: Coach Magaro E-Mail [-amagaro@southingtonschools.org](mailto:-amagaro@southingtonschools.org).

GIRLS SOCCER

Players/Parents, a long and memorable school year is behind us and the SHS soccer season is just around the corner. The coaching staff and Lady Knights Booster Club have already been planning for the 2021 season, and as a result we have scheduled a virtual information session for incoming freshman players.

The **virtual information session** is scheduled for **TUESDAY JUNE 22 from 7:00-8:00** for all parents and players interested in playing in the 2021 SHS Girls Soccer Program. The session will provide information on the following areas:

* **Dedicated freshman team** for student-athletes that have experience and for those that are looking for an athletic challenge in a **fun developmental environment**.
* Discuss the **selection process, which starts on AUGUST 26** held at SHS for 4-5 days before school starts on SEPTEMBER 2 (specific dates and times will be announced later this summer)
* Discuss the **optional voluntary summer program** to develop skills, play games, and get to know the caches and other players.

If you are not available to join us on the call or have questions about the SHS Girls soccer program, please contact Coach Mike Linehan at [MLinehan@southingtonschools.org](mailto:MLinehan@southingtonschools.org) or (c)860-305-9555.

**TUESDAY JUNE 22 from 7:00-8:00**

**Call in (audio only)** [+1 872-240-8704,,87892058#](tel:+18722408704,,87892058# )

GIRLS SWIM AND DIVE

Hello Future Blue Knights,

For all those that are interested in trying out for and joining the Girls Swim and Dive program this Fall, here's what you should know and what you need to do:

What to Know:

* The Southington Swim and Dive Team invites all athletes, experienced and novice, to try out for our program.
* The season begins the last week of August and ends the 3rd week of November
* Swimmers practice 6 days a week at the Southington YMCA and divers practice 6 days a week at Plainville High
* There will be summer conditioning programs and team building activities
* Team Motto's we live by:
  + Work to be the best version of yourselves each day
  + Win the right way
  + Do well with what you can control

What to do:

* Register on FamilyID.com
* contact Coach Tuttle if interested - [etuttle@southingtonschools.org](mailto:etuttle@southingtonschools.org)
  + provide contact info so coaches and captains can stay in touch
* Be prepared to work hard, have fun, and challenge oneself

GIRLS VOLLEYBALL:

*Girl’s Volleyball (Freshmen, Junior Varsity and Varsity)*

Team Selection for all three teams begin week of August 23rd.

August 23rd:  Mandatory Player/Parent Meeting (time and location TBD)

August 25th :  Conditioning Testing (in the Evening)

August 26th – 28th:  Try-Out/Team Selection, Times TBD

Coaches:  Richard Heitz (Varsity), Lindsey Witte (Junior Varsity) and Kasia Kalinowski (Freshmen)

Contact:        Head Coach – Richard Heitz       [Coachheitz@cox.net](mailto:Coachheitz@cox.net)