CV Boys Soccer updates:

1. Our motto at CV is *Universi Fortis* – All Together Strong. We need to stay committed to doing everything we can to ensure the health and safety of our players so we can continue moving forward this fall with soccer at CV. To that end, when you are out of your house—**wear your mask and practice social distancing!** It gives us the best chance to have a successful fall.

2. Practice schedule for **grass fields**—please read carefully and remember:

   You must fill out the Google form for the health screening the day of the training starting one hour before training. The last time stamp acceptable is 15 minutes before training. No exceptions. Always wear a mask to the fields and bring your own water bottle AND always wear a white shirt and bring a red shirt (no pinnies this fall).

**August 10 – Monday:** All 10th, 11th and 12th graders train from 9:00 to 10:30 AM.

   Park in the same spots you have been during our small group split training.

**August 10 – Monday:** All 9th graders train from 10:45 to 11:45. Wait for the Coaches to call you over and park in the middle of the of the High School bus loop (see below).

**August 12 – Wednesday:** All 10th, 11th and 12th graders train from 9:00 to 10:30 AM. No 9th grade training.

**August 17 – Monday:** All 10th, 11th and 12th graders train from 9:00 to 10:30 AM.

**August 17 – Monday:** All 9th graders train from 10:45 to 11:45.

**August 19 – Wednesday:** All 10th, 11th and 12th graders train from 9:00 to 10:30 AM. No 9th grade training.

**August 24 – Monday:** All 10th, 11th and 12th graders train from **4:00 to 5:30.** No 9th grade training.

**August 26: Wednesday:** All 10th, 11th and 12th graders train from **4:00 to 5:00.**

**August 26 – Wednesday:** All 9th graders train from **5:15-6:15.**

**August 31 week –** No training for anyone. 5 day running program will be sent out to all players.

**September 8- Tuesday: Tryouts!** 10th, 11th and 12th graders will tryout from 4:00 to 5:15. 9th graders will tryout from 5:30 – 6:30. There will be a cut after the first day. If more decisions are needed, we will let players know before we finalize our rosters.

Tryouts will include- A pushup test, 4 minute shuttle run (players will practice this at conditioning sessions) and a high degree of technical assessment in individual and small group settings.

The remaining schedule after this will be announced shortly. Our plan is to train Mondays from 4 to 5:30 and Tuesdays through Fridays from 6 to 7:15. There will be some Saturday practices before matches begin.
Please utilize the following parking / drop off guidelines:

- **9th graders parking**
- **10-12 graders from 10:15 training**
- **Players report to gear cone areas as directed by coaches**