

2017 Gilford High School Girls Soccer Preseason

Where: Gilford High School (the soccer fields in the near the back parking lot).

When: Preseason starts on Monday, August 14th. Practices will run from 7:30 a.m. to 10:30 a.m. everyday for the first week unless there is a scrimmage scheduled for that particular day (Monday, August 14th-Friday, August 18th).

What to bring to preseason:

- a. Athletic clothing (t-shirt and shorts)
- b. Pair of shin guards
- c. Pair of soccer cleats
- d. Pair of running shoes
- e. Soccer ball
- f. Water
- g. Mouthguard (you will not need this for practice, but you will need this for our scrimmages and games. You cannot play in games/scrimmages without one).
- h. Your reversible pinny (incoming new players will be issued one the first day of preseason. The cost is \$20).

***Note: If you are an incoming freshman or a new student to GHS, you need to bring proof of a physical. You cannot play unless you have a physical on file with the nurse's office. The proof of physical must be sent to Gilford High School or given to me. If you need to schedule a physical and the appointment is not immediate, it is ok to get a note from your doctor saying you are ok to play until your physical occurs. You can also get a physical through **ClearChoiceMD Urgent Care** located at **96 Daniel Webster Hwy, Belmont, NH**, which may be quicker than going through your doctor. The cost is \$25.

Forms you will need to complete during the first week of preseason (these will be given to you the first day of preseason):

- a. Permission slip
- b. Sportsmanship form
- c. Current physical on file with the nurse's office (incoming freshman and new students only)

Other information:

All incoming freshman, new students to GHS and juniors will need to complete the ImPACT Concussion Program. Ms. Jenkins, the school nurse, will be administering this. The test is about ½ an hour long, and it will give a computer-stored baseline measurement that our certified physician will be able to access. If you have a head injury during the season, you will be given the baseline test again. By comparing the test results given before the season and those when the athlete is injured the physician will be able to use those results to diagnose the severity of the head injury.

We are looking forward to a great a season. Please bring your enthusiasm, positive attitude, and work ethic with you to all practices and games.

All information will also be posted on Coach Raymond's website raymond@sau73.org under the *soccer* tab.

If you have any questions, Coach Raymond's email address is raymond@sau73.org and Coach Strong's is kstro21@gmail.com.

Thomas Raymond and Kendra Strong