

Boys & Girls Soccer General Information

Requirements to Try-out

- All students must have a completed physical form turned in prior to the start of tryouts. All physicals are good for 1 year from the date taken. At the bottom of this document there is a direct link to the form if you need a copy. If you are unable to schedule a physical with your primary physician, there are many Action Day Urgent Care facilities that can accommodate. Many of our families use this for last minute physicals and the cost is in the approx. \$60. Please turn completed physicals into the athletic office by mail or scanned email. Mail: 100 Skyway Drive, San Jose Ca 95111 EMAIL: sportsmedicine@vcs.net
- All tryouts & practices take place outside, so please be sure to send a sweatshirt and bottle of water with your child to take to the designated tryout area. Please have your child wear athletic shorts, athletic shoes (cleats or turf shoes are ok) and a dress code appropriate t-shirt for tryouts. Students can change in the locker room or restroom after school.

Tryout Days

- Each team will host a two tryout days to determine their team. Additional days will be at the coaches discretion and will communicated directly with the players. In some cases we are able to extend tryout days to students that are sick or injured, but those need to be communicated directly with the Athletic Director & Coach.
- **IMPORTANT- 7th & 8th Boys Basketball Players**
If your son is currently in a winter sport, they **MUST** finish their commitment to that sport. Students are not allowed to participate and miss a practice or game for their current VC basketball season when it conflicts with tryouts dates for spring sports. In the event a tryout day does not conflict with a practice or game, these students are required to attend tryouts. Our athletic office will be in direct contact with those students that have this conflict.

Season info

- General season timeframe is 8-9 weeks starting in late January and ending in early April.
- Commitment level for practices will be Monday thru Thursday from 3:15-4:30/5:00. Game times are typically 3:30 (Girls) & 4:45 (Boys), but can vary from time to time. There is no commitment over the weekends or school holidays.
- If your child is chosen for the team, there will be an athletic fee that is billed at the end of the season for \$75.00. This fee is billed directly to the parent portal in your account.
- Each player will receive a school issued jersey and shorts that will be distributed and then returned at the end of the season.
- Coaches info: Please contact Mr. Gill at agill@vcs.net if you need contact information for our current set of coaches.

Physical Form

https://www.vcs.net/uploaded/athletics/Athletics_Physical_Form.pdf