



Walton Women's Soccer Player Meeting Notes

Coaching Staff:

Head Coach Varsity: Coach Page/ Room 238/ email: jason.page@cobbk12.org

Head Coach JV: Coach Hart/ Room 441/ email: sarah.hart@cobbk12.org

Asst. Coach Varsity: Dawn Camp

Asst. Coach Varsity & JV: Brad Smith

Strength Coach: Coach J. Kay

Varsity Captains: Carmen Cook, Molly Chapman, Emma Graham, Katie Jamison

Tryouts: 1/9-New Players (all grades)

1/10-New Players and Returning JV (all grades) First round of cuts will likely be made this day.

1/11-1/12-All Players (Expect to have teams set by the end of 1/12)

1/13-Make-up tryouts and final decisions if necessary

******If you are a new player and you will miss part of tryouts you need to let us know so we can try and see a club game.**

Registration: Make sure you register for tryouts. Once you do you will receive all communication regarding workouts and conditioning.

Link to the registration:

[Tryout Registration 2023](#)

Physicals: You must have a completed and cleared physical BEFORE participating in tryouts. Not having a cleared physical could result in loss of a roster spot. Make sure you bug your parents to get this done.

Competitive Environment: Walton soccer is a highly competitive environment and the coaching staff has to make decisions based on...

1. What is best for the program?
2. What is best for the athlete?

Varsity and Junior Varsity-it is just different at Walton. The overwhelming majority of other HS programs don't have the depth and your club teammates may make varsity. Some of the best Walton athletes have to accept they may get JV minutes. This is a reflection of the depth at Walton more than the athlete's ability. Our goal is to create two of the most competitive environments possible. **Varsity coaches attend JV matches. This is a program that includes ALL athletes.**

[Walton Women's Soccer Schedule 2023](#) There are Saturday matches and matches over the breaks. Plan Now!

Conditioning: The overwhelming majority of our athletes are in season. If you are not you are expected to be fit when you show up to tryouts. We provide weight training before school Tuesday and Thursday 7-8 AM. It is highly recommended (you need to be there). There is limited space and it is first come first serve. This will benefit you in both HS and club soccer. The QR code to register is also on my classroom door.

We will provide yoga sessions for recovery after school. It works and is good for those of you that train 3-4 days and play 1-2 on the weekends. That information will be sent out ASAP.

Expectations: Attend sessions, give your best effort, be committed, positive, maintain academic integrity, exercise mental toughness and communicate.

New Athletes: In order to help us better prepare for tryouts, please complete the following questionnaire. **ONLY IF YOU WERE NOT ON A TEAM LAST YEAR.** Thank you! [New Player Survey](#)