

To: Harriton High School Boys Soccer Candidates
From: Biff Sturla, Head Coach, Boys Varsity, sturlab@lmsd.org
Date: May 14, 2023

This letter is going out to all Harriton students, and their parents, who have expressed an interest in playing in the Harriton's boys' soccer program this coming fall season.

1. If you are not planning to play this fall, please let me know and I will remove you from my e-mail list.
2. If you want to add additional e-mail addresses (players and parents) to my e-mail list, please let me know.
3. If you know of any current 8th graders or transfers who plan to play, please have them contact me: sturlab@lmsd.org

Pre-season for fall soccer programs in all public high schools in Pennsylvania will start on **Monday, August 14**. Per school district rules, all students who wish to be considered for varsity or junior varsity **MUST** be available to start on that date. Freshman who only want to be considered for the freshman team do not need to attend pre-season (but are welcome to do so).

MEDICAL FORM / PARENT PERMISSION FORM

Our state requires each athlete to have a physical exam. This may be done by your family physician. Players may not participate in a fall sport until they have completed this. All players must turn in a PIAA form signed by both a parent and by a physician. This form is available at the athletic office.

School District Rules prohibit any player from participating until ALL paperwork is completed. This form must be signed by your doctor **on or after June 1st**. Players will not be able to practice until this is completed and the form turned in. Once the paperwork is signed by your physician (it needs several signatures) and by a parent (also needing several signatures). **Please mail your SIGNED forms to Athletic Trainer Faith Musinski at Harriton**. She must have it **BEFORE** August 14.

OVERVIEW OF TEAM SELECTION

Below is a brief overview of the team selection process, depending on what grade each player will be entering:

SENIORS - The Varsity roster will be finalized no later than Friday, August 18. Seniors not offered a spot on the Varsity will not be offered a spot anywhere in the program and will not be invited back for the second week of pre-season. Seniors will not be allowed to play on the J.V. team.

JUNIORS will only be considered for Junior Varsity if there is room for them on the J.V. Priority for JV roster spots will be given to younger players. We will only take juniors on the J.V. if there are not enough younger players to make a full J.V. roster. Juniors not making Varsity or J.V. will not be invited back to the second week of pre-season.

SOPHOMORES not making Varsity will be considered for J.V., but are not guaranteed a spot on J.V.

FRESHMAN attending pre-season will be considered for Varsity and J.V. The Varsity has had one or more freshman on the team every year for the past 21 years. Freshman NOT wishing to be considered for the Varsity or J.V. do not need to attend pre-season. The school will have a meeting on the first day of classes for students wishing to play on the 9th grade team. The school will form a 9th grade team, provided that there are enough players to form a team. Players on the 9th grade team will immediately need to have a physical exam completed and a physical form handed in before they may participate. It is recommended that they have the physical exam done **BEFORE** school starts. Freshman attending pre-season who do not make varsity or JV will be offered a spot on the freshman team.

COACHING STAFF

Varsity Head Coach: Biff Sturla – This fall season will be my 22nd year as head coach at Harriton, 29th year as high school head coach and 42nd year coaching at Lower Merion Soccer Club (President since 1999). I played at Harriton back in the 1940s.

Varsity Assistant Coach: Henry Farr has taken a full-time job in the real estate world and will not be able to return for 2023. We are currently interviewing people for this position.

JV Coach: Matt Hirst recently became a dad and has decided to not return as a coach. He will still be teaching at Harriton. We are currently interviewing people for this position

Athletic Director – Shawn Albert is the Athletic Director. His e-mail is alberts@lmsd.org in case you need to communicate with him. Please know that the A.D. position is VERY demanding since he oversees all sports and non-academic activities at Harriton.

PRE-SEASON WEEK 1 (AUGUST 14-19)

THIS IS ONLY A TENTATIVE SCHEDULE

MONDAY, AUGUST 14

Morning – Time TBD

On the track, in sneakers, for our first fitness test: ***Mile Run***

- Seniors and returning varsity players must make the run in **under 5:50**
- Freshman must make the run in **under 6:10**
- All others must make the run in **under 6:00**

Morning – Time TBD

Practice inside the stadium on the turf field

Late Morning - TBD

Mandatory all-sports meeting for all Harriton fall sports participants

Mid-Afternoon - TBD

Goalie training on the grass field next to the stadium

Late Afternoon - TBD

Practice on the grass field, next to the stadium

Note: At some point in the day, freshman, juniors and all new students will have to go to the trainer and do the mandatory baseline concussion testing. Players who did the test last year will not have to do the test this year. A consent form will need to be signed by a parent prior to doing this. If the form is not signed, the player will not be able to participate in the soccer program.

TUESDAY, AUGUST 15

9:30 AM - 10:00 AM

On the track, in sneakers, for our second fitness test: ***Mile Run In Pairs***

Players grouped in pairs. The first player runs one lap (holding a baton). At the end of the lap, he hands the baton off to his partner who runs one lap and hands the baton back to the first player. This process continues until both players have run one mile.

10:00 AM - 12:00 PM

Practice inside the stadium on the turf field

3:00 PM – 4:00 PM

Goalie training on the grass field next to the stadium (goalies stay till 5:30)

3:30 PM - 5:30 PM

Grass field (next to stadium)

WEDNESDAY, AUGUST 16

9:30 AM - 10:00 AM

On the track, in sneakers, for our third fitness test: ***Mile Run in Groups of Three***

Players paired in groups of 3. Players 1 and 3 start on one side of the track. Player 2 starts on the opposite side of the track. Each group has a baton. Player 1 sprints half a lap to the other side of the track and hands the baton to player 2. Player 2 sprints half a lap, back to the starting line, and hands the baton off to player 3 who takes the baton and sprints a half lap to player 1. This continues until all players have sprinted 8 half laps (one mile).

10:00 AM - 12:00 PM

Practice inside the stadium on the turf field

3:00 PM – 4:00 PM

Goalie training on the grass field next to the stadium (goalies stay till 5:30)

3:30 PM – 5:30 PM

Players still under consideration for varsity (including all seniors) will be on the grass field next to the stadium. All other players will be with the JV coach on either field 3 or the outfield of the baseball field.

THURSDAY, AUGUST 17

9:30 AM - 10:00 AM

On the track, in sneakers, for our fourth fitness test: ***Cooper Test***

Each player runs as many laps as possible in 12 minutes. Players need to make a minimum of 7 laps during these 12 minutes.

10:00 AM - 12:00 PM

Practice inside the stadium, on the turf field, for players under consideration for varsity. Players not under consideration will be on one of the grass fields.

3:00 PM – 4:00 PM

Goalie training on the grass field next to the stadium (goalies stay till 5:30)

3:30 PM – 5:30 PM

Players still under consideration for varsity (including all seniors) will be on the grass field next to the stadium. All other players will be with the JV group on field 3 or the outfield of the baseball field.

FRIDAY, AUGUST 18

9:30 AM - 10:00 AM

Warmup and stretch for 30 minutes.

10:00 AM - 12:00 PM

Practice inside the stadium, on the (turf field, for players under consideration for varsity. Players not under consideration will be on one of the grass fields.

3:00 PM – 4:00 PM

Goalie training on the grass field next to the stadium (goalies stay till 5:30)

3:30 PM – 5:30 PM

Players still under consideration for varsity (including all seniors) will be on the grass field next to the stadium. All other players will be with the JV group on field 3 or the outfield of the baseball field.

SATURDAY, AUGUST 19

Morning – Time TBD

Morning practice for varsity only on the turf. No practice for JV. Players who did not make their designated mile time on Monday will need to run the mile again

PRE-SEASON WEEK 2 (AUGUST 21-25)**THIS IS ONLY A TENTATIVE SCHEDULE**

The Varsity and the Junior Varsity will train separately. The schedule below is for the Varsity only. JV coach Matt Hirst will have his own schedule for his players.

MONDAY, AUGUST 21

3:30 PM

Home scrimmage for V and JV against Upper Moreland. Players arrive at 2:45

TUESDAY, AUGUST 22

TBD

Practice for V and JV, most likely at different times

WEDNESDAY, AUGUST 23

3:45 PM

Away scrimmage at Perkiomen Valley for V and JV. Buses leave at TBD

THURSDAY, AUGUST 24

TBD

Practice for V and JV, most likely at different times

FRIDAY, AUGUST 25

TBD

First game (non-league) of the season. Away at Upper Merion. Buses leave at TBD

PRE-SEASON WEEK 3 (AUGUST 28-SEPT. 1)**THIS IS ONLY A TENTATIVE SCHEDULE****MONDAY, AUGUST 28**

TBD

Practice. Varsity practice will probably will take place in the morning on the turf.
JV practice time will be determined by the coach**TUESDAY, AUGUST 29**

3:30

Away, non-league game at Great Valley. Buses leave at TBD

WEDNESDAY, AUGUST 30

TBD

Practice. Varsity practice will probably will take place in the morning on the turf.
JV practice time will be determined by the coach.**THURSDAY, AUGUST 31**

6:30 PM

Home, non-league game vs. Avon Grove. JV game will likely be around 3:30 PM

FRIDAY, SEPTEMBER 1

TBD

Morning practice (varsity only)

TBD

Afternoon practice (varsity and JV)

September 2, 3, 4 – Labor Day Weekend, no practices. September 5 will be our first Central League game

NOTES ON PRE-SEASON

What To Bring:

- white shirt
- dark shirt
- size 5 soccer ball (pumped up and in playing condition **with name written on it**)
- shin guards (mandatory for all contact activities)
- sneakers (required for all conditioning activities on the track)
- cleats
- a filled plastic water bottle (water refills will be readily available on the field)

Players Who Need To See The Trainer

The school athletic trainers will be available during pre-season. Players who need to see the trainer during pre-season will need to get to the trainer's room at least 30 minutes before practice.

I have left enough time for everyone to get a good lunch and rest in between practices.

Pre-Season Tests

Players are **STRONGLY** urged to come to pre-season in good physical shape. Working out during the summer months will be very important. Those players not able to meet the demands of the mile run on day 1 will continue doing these tests during the second week of pre-season until they get the required time / distance to pass. Veteran players will tell you it is much better to come to camp in shape and pass the tests the first time.

It will be quite obvious to the coaches which players trained in the off-season and which did not. Those players who are not in good enough shape to keep up in pre-season will be at a major disadvantage when it comes time for the coaches to choose a varsity, as well as decide who plays on game day and who does not.

Communications With The Coaches

School district policy requires that students who need to communicate with the coach do so via school district e-mail. Please use my school district e-mail address: sturlab@lmsd.org and not my Lower Merion Soccer Club address. Players who do work for me at LMSC may e-mail me on my LMSC account **ONLY** for LMSC stuff, not school stuff. Parents are welcome to e-mail me on whatever e-mail address you want. Players may **NOT** communicate with coaches via text message.

Players Not On My Mailing List

I'm sure there are some players who will be trying out who did not receive this letter. If you know of someone who did not receive my letter, please let me know so I can add that person to my mailing list. Please ask them to e-mail me so that I can send them a letter for pre-season. This is especially true for current 8th grade students.

Please remember that you will not be allowed to participate until the school has your medical form. This form **MUST** be signed by your physician and **MUST** be signed by your parent. **The physical exam must take place ON OR AFTER JUNE 1st.** Mail the form to Faith Musinski – Athletic Trainer, c/o Harriton High School, 600 North Ithan Avenue, Rosemont, PA 19010

Sincerely,



Biff Sturla
Harriton Boys Soccer
sturlab@lmsd.org