

Campbell High School Soccer Tryout/Season Information 2024

Register for tryouts here!



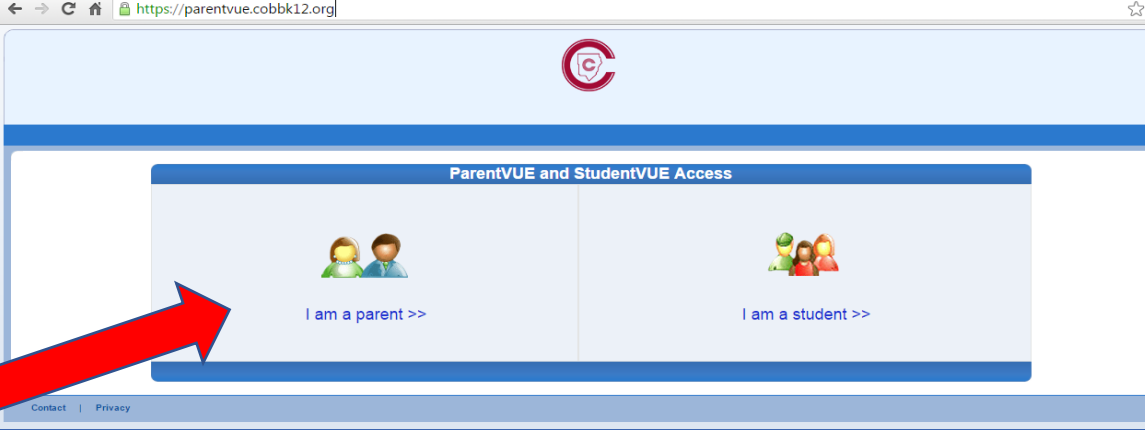
Contact Information and Addition Resources for Program Updates

- Join the remind group!
 - Text “@chssccr24” to the number 81010
- Email-
 - Troy.Connolly@cobbk12.org
 - Booster- campbellspartanssoccer@gmail.com
- Twitter
 - @Coach_TConnolly
 - @Sparta_Soccer
- Soccer Website
 - www.campbellspartanssoccer.com
 - www.connollyhistory.weebly.com/soccer

All links/info can be found here!



Cobb County Athletic Participation Waiver/Physical, Insurance, and Concussion Waiver

- Every player must have an updated Cobb Athletic Participation waiver/physical on file, an updated concussion waiver on file, and show proof of current medical insurance.
 - All forms must be uploaded into your Parentvue account (**NOT STUDENTVUE**). No forms will be accepted as hard copies this year.
 - All forms/waivers must be uploaded by YOU to Parentvue by January 12th in order to tryout!
- 
- Need a new account? Email parentvue@campbellhigh.net. In the email request, you will need to provide your name, the name of your student, the student ID number, and a copy of your license (or a picture ID), in order to receive ParentVUE activation.
 - Having issues? Email James.Thigpen@cobbk12.org

Instructions on how to navigate Parentvue and how to upload the required documents

- Athletic Registration Parent Guide Instructions: [Download Here](#)



- Athletic Registration Video Guide: [View Here](#)



Where to find the forms?

<https://www.cobbk12.org/page/344/athletics>,

the CHS Soccer Website,
OR Coach Connolly's blog

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COBB SCHOOLS

Home / Departments / Athletics

About > Athletics
Board > Sep. 3, 2020
Superintendent
Parents & Students >
Schools >
Community >
Employment >
Departments >

For up to date sports stories go to:

COBB SPORTING NEWS

Follow us on twitter @CCSD_AD

COBB COUNTY SCHOOL DISTRICT

Don Baker
Director

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COBB SCHOOLS

- Communications
- Compliance and Legislative Affairs
- Events
- Financial Services
- Food & Nutrition Services
- Human Resources
- Instructional Technology
- Maintenance & Operations
- Open Records
- Operations
- Police Department
- Policy and Planning
- Procurement Services
- SPLOST/Planning
- Student Support

Q2 WILL SPECTATORS BE ALLOWED AT EVENTS?
Yes. All venues will allow up to 30% capacity of ticketed seats.

Q3 IF SO, HOW ARE YOU TICKETING? LIMITING THE NUMBER OF SPECTATORS?
100% digital ticketing or pre-issued passes. The families of our players, cheerleaders, and band members will get priority with the remaining tickets being sold to general fans and seating will be arranged to socially distance those attending.

Q4 WHAT OTHER STRATEGIES ARE YOU USING TO MAKE THINGS AS SAFE AS POSSIBLE?
(NO BAND/DRUMS BAND TO A PER BAND/NOVING BAND TO THE ENDZONE. NO BAND OR CHEER AT AWAY GAMES, ETC.)
Only home bands will be in attendance and seated socially distanced in the endzone. No visiting bands. At this time cheer will be at both home and away games unless an opponent outside of Cobb is restricting away cheerleaders. All who attend events will be screened as they enter. Masks will be required, and seating will be arranged to socially distance those attending.

Q5 ANY ADDITIONAL INFO YOU'D LIKE TO SHARE.
Concession stands will sell pre-packaged goods only.

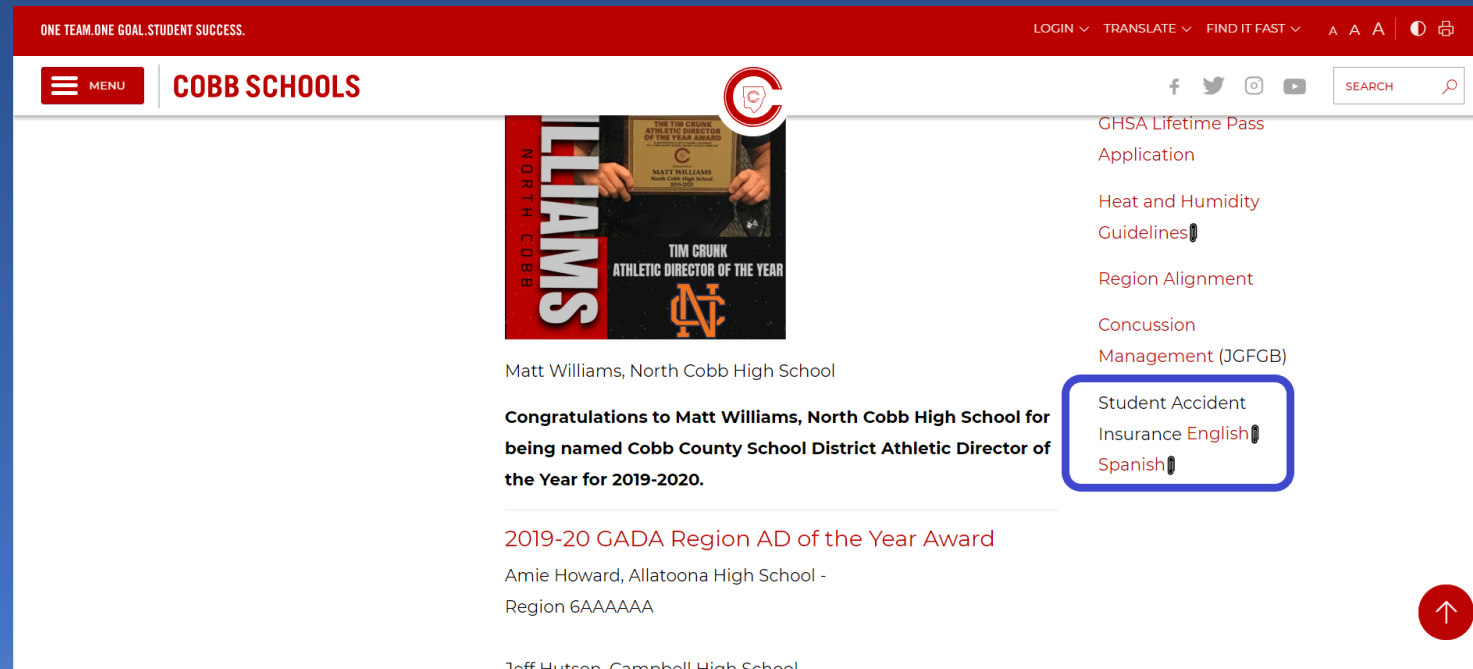
2019-2020 Athletic Director of the Year

Quick Links

- 2020-2021 Required GHSA Pre-participation Physical Form with Participation, Insurance and Consent Form
- Interscholastic / Extracurricular Activities Code of Conduct (IDF-R)
- Concussion Awareness Form
- Student-Parent Athletic Handbook
- Booster Organization Resource Guide



Where to find Cobb County's student athlete insurance? (only needed if you are not currently covered by a medical insurance policy)
<https://www.cobbk12.org/page/344/athletics>, CHS Soccer Website, OR call them directly at 770-427-2461. The policy should cost \$19.50.



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MENU COBB SCHOOLS

THE TIM CRUNK ATHLETIC DIRECTOR OF THE YEAR AWARD
MATT WILLIAMS
NORTH COBB
TIM CRUNK
ATHLETIC DIRECTOR OF THE YEAR

Matt Williams, North Cobb High School

Congratulations to Matt Williams, North Cobb High School for being named Cobb County School District Athletic Director of the Year for 2019-2020.

2019-20 GADA Region AD of the Year Award
Amie Howard, Allatoona High School - Region 6AAAAAA
Jeff Hutson, Campbell High School -

GHSA Lifetime Pass Application
Heat and Humidity Guidelines
Region Alignment
Concussion Management (JGFGB)
Student Accident Insurance English Spanish
↑

Student Athlete Insurance (only needed if you aren't already covered by a medical insurance policy. **800-328-2739**)



Student Injuries Can Happen

Medical Expenses Can Be a Financial Hardship When the Unexpected Occurs
Approved By Your School/School District - Available for All Students PK-12

What is Student Accident Insurance?

- ◆ Coverage that provides financial assistance with your out-of-pocket medical expenses when your student sustains an accidental bodily injury.

Why Consider Student Accident Insurance For Your Student?

- ◆ High Deductible/Copayments to your Family's Primary Health Insurance
- ◆ No Health Insurance for your Student
- ◆ Your Student participates in an interscholastic sport where an unexpected injury is more likely to occur.
- ◆ Your Student is prone to injuries

Coverage Options Available Through Your School

- ◆ School Time Coverage
- ◆ Interscholastic Sports Coverage
- ◆ 24-Hour/Full-Time Coverage
- ◆ Football Coverage (Grades 9-12 for the football season)
- ◆ Extended Dental Coverage

*Choose from Two Affordable Plans
Premium Paid Once a School Year*

To Enroll Your Student & Review Medical Benefits

Go to: www.sas-mn.com or scan this QR code with your smart phone to be directed to our website



Please locate "K-12 Students & Parents" on our homepage. Within this division, you will be able to search for your student's school district. Once located, you will have access to the following information:

- ◆ Purchase Coverage (Managed Online or by Printing/Mailing Enrollment Form and premium)
- ◆ Brochure (English & Spanish) (Explains medical benefits, exclusions and coverage options)
- ◆ Claim Form (Fillable form when enrolled student sustains injury)

For Questions, Call Student Assurance Services at (800) 328-2739



Specializing in Student Accident Insurance Since 1971.

The above information is not intended to constitute an offer of insurance. For more information, contact us at (800) 328-2739. Coverage is provided by Student Assurance Services, Inc. (SAS) and is subject to the terms, conditions, exclusions, and limitations of the policy. Coverage is provided by Student Assurance Services, Inc. (SAS) and is subject to the terms, conditions, exclusions, and limitations of the policy.

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Los estudiantes pueden sufrir lesiones

Los gastos médicos pueden ser una dificultad financiera ante situaciones imprevistas
Aprobado por su escuela o distrito escolar - Disponible para todos los estudiantes de preescolar a 12.º grado

¿Qué es el seguro estudiantil contra accidentes?

- ◆ Es una cobertura que le proporciona asistencia financiera con sus gastos médicos de bolsillo si su estudiante sufre una lesión corporal accidental.

Tener un seguro estudiantil contra accidentes para su estudiante le resultaría conveniente si:

- ◆ El seguro de salud principal de su familia tiene copagos o un deducible altos
- ◆ Su estudiante no tiene un seguro de salud
- ◆ Su estudiante participa en un deporte interescolar que suele provocar lesiones imprevistas
- ◆ Su estudiante es propenso a sufrir lesiones

Opciones de cobertura disponibles a través de su escuela

- ◆ Cobertura de tiempo escolar
- ◆ Cobertura de deportes interescolares
- ◆ Cobertura de tiempo completo (24 horas)
- ◆ Cobertura de fútbol americano (de 9.º a 12.º grado para la temporada de fútbol americano)
- ◆ Cobertura dental extendida

*Elija entre dos planes económicos
La prima se paga una vez por año escolar*

Para inscribir a su estudiante y revisar los beneficios médicos

Visite: www.sas-mn.com o escanee este código QR con su teléfono inteligente para ir a nuestro sitio web



Busque "K-12 Students & Parents" (Padres y estudiantes de preescolar a 12.º grado) en nuestra página de inicio. Dentro de esta división, podrá buscar el distrito escolar de su estudiante. Una vez que lo encuentre, tendrá acceso a la siguiente información:

- ◆ Adquisición de cobertura (Administrada en línea o mediante la impresión o el envío por correo del formulario de inscripción y la prima)
- ◆ Folleto (en inglés y español) (Detalla los beneficios médicos, las exclusiones y las opciones de cobertura)
- ◆ Formulario de reclamación (Formulario que debe completarse cuando un estudiante sufre una lesión)

Si tiene preguntas, llame a Student Assurance Services al (800) 328-2739.



Especialistas en seguros estudiantiles contra accidentes desde 1971.

El presente es solo información y no constituye una oferta de seguro. Para obtener más información, contacte con nosotros al (800) 328-2739. La cobertura está sujeta a los términos, condiciones, exclusiones y limitaciones de la póliza. La cobertura está sujeta a los términos, condiciones, exclusiones y limitaciones de la póliza.

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Player Eligibility

- **Grade Requirements**
 - **Freshmen students:** Freshmen must pass 3/4 classes the semester prior to their season beginning to be eligible per GHSA requirements and reside in the district area of the school for which they play.
- **Credit Requirements For All Students Per GHSA:**
 - **TOTAL UNITS ACCUMULATED:** Show the total number of Carnegie Units the student has accumulated thus far in his/her high school career.
 - To be eligible, the student must have accumulated Carnegie units counting toward graduation as follows:
 - (Sophomores) END OF FIRST YEAR: 5 Units
 - (Juniors) END OF SECOND YEAR: 11 Units
 - (Seniors) END OF THIRD YEAR: 17 Units
 - Students who lose eligibility for not meeting these requirements at the beginning of the year may regain eligibility during the school year by accumulating the units required at the end of a semester and by earning the required number of units the previous semester. Remember: Eligibility is lost or regained on the first day of the new semester. The first day of the Fall semester is the first date of practice for the first sport or the first day of classes for a school, whichever comes first.

Preseason Conditioning Program

campbellsoccerconditioning



24 Posts 32 Followers 1 Following

Troy Connolly

Follow the link below to view the full fitness plan in pdf form, view full video examples of each exercise, and/or to visit the chs soccer website.
connollyhistory.weebly.com/soccer.html

Edit Profile

Start Here Each Day

End Here Each Day

	Push ups (Target 100)	Modified Cooper (Target 100)	5-10-5 Speed Test (Target)	187 Yards (6 total stages)
100	2,250 m	4.5	Pass all 6	
95	2,136 m	average (5 pts)	Pass 5 of 6	
90	2,022 m	average (4 pts)	Pass 4 of 6	
85	1,908 m	average (3 pts)	Pass 3 of 6	
80	1,794 m	average (2 pts)	Pass 2 of 6	
75	1,680 m	average (1 pt)	Pass 1 of 6	

Week 1- Day 1 Lower Body Strength and Stability

Week 1- Day 2 Modified Cooper Run + Push up and Core Work

Week 1- Day 3 Interval Endurance Runs

• Our preseason conditioning plan for all new players trying out will be done on your own, at home. Returning players should meet with Coach Connolly to discuss the options available for conditioning.

• The online program for all new players can be found on the Instagram account “CampbellSoccerConditioning” and/or as a pdf download on the CHS soccer website. [Here](#)

• Players trying out should start the preseason conditioning program on **12/11/23** and follow each day up to **12/31/23**.

Campbell Soccer Preseason Conditioning

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Dynamic Warmup

- Start every workout with this warmup sequence.
- Space needed- 20 yards.
- Example Video
- Light jog around the field/tracks (350-400 yards)
- High knees 20 yards down, butt kicks 20 yards back
- Open gate 20 yards down, close gate 20 yards back
- High kicks 20 yards down, kick-backs 20 yards back
- Knee hugs to lunge to torso twist 20 yards down, leg circles to lateral lunge to torso twist 20 yards back
- Karate chop facing right 20 yards down, karate chop facing left 20 yards back
- Skips with arms out with forward rotation 20 yards down, skipping with backward rotation 20 yards back
- Shuffle right foot forward 5 yards to spot, 15 yards back
- Shuffle left foot forward 5 yards to spot, 15 yards back
- Shuffle right foot forward 5 yards to spot, 15 yards back, shuffle left foot forward 5 yards to spot, 15 yards back
- Shuffle right foot forward 5 yards to spot, 15 yards back, shuffle left foot forward 5 yards to spot, 15 yards back
- Stretch what you need

Cool Down and Stretch Routine

- End every workout with this cool down and stretch routine.
- Example Video
- Cool down run distance= 350-400 yards (1 lap). Very light jog.
- Static Stretching
 - Ankle Rolls
 - Calfs
 - Hamstrings
 - Quads
 - Groin
 - Hip flexor
 - Glutes
 - Back
 - Core

Week 1- Day 1 Lower Body Strength and Stability

- Dynamic warmup
- Push ups
- Modified Cooper Run
- Core Work
- Push ups and planks
- Planks
- Core Work
- Cool down and stretch

Week 1- Day 2 Modified Cooper Run + Push up and Core Work

- Dynamic Warmup
- Modified Cooper Run
- Push ups and Core Work
- Cool down and stretch

Week 1- Day 3 Interval Endurance Runs

- Dynamic warmup
- Stage 1: 18 to 18 (or 84 yards) in 15 seconds with 15 second rest between each run. 6 times total= 1 set.
- 2 minute break
- Stage 2: 18 to half line (or 42 yards) and back in 15 seconds with 15 seconds rest between each run. 6 times total= 1 set.
- 2 minute break
- Stage 3: touchline to 18 (or 18 yards) there and back twice in 15 seconds with 15 seconds rest between each run. 6 times total= 1 set.
- Examples of all Stages
- Cool down and stretch

Week 1- Day 4 Speed/Agility With and Without the Ball

- Dynamic warmup
- Speed/Agility Drills
- Cool down and stretch

Week 1- Day 5 Fitness Test

	Push ups	Modified Cooper	5-10-5	187 Yards	Total
100	2,250 m	4.5	Pass all 6	100%	
95	2,136 m	average (5 pts)	Pass 5 of 6	95%	
90	2,022 m	average (4 pts)	Pass 4 of 6	90%	
85	1,908 m	average (3 pts)	Pass 3 of 6	85%	
80	1,794 m	average (2 pts)	Pass 2 of 6	80%	
75	1,680 m	average (1 pt)	Pass 1 of 6	75%	

Week 1- Day 6 Stretch and Foam Roll

- Stretch, Foam Roll, Stretch
- Static Stretching
 - Ankle Rolls
 - Calfs
 - Hamstrings
 - Quads
 - Groin
 - Hip flexor
 - Glutes
 - Back
 - Core

Tryouts

- Tryouts will be **1/16/24- 1/19/24**. Bring cleats, shin guards, bottle(s) of water, and indoor/running shoes in case of poor weather.
- Cuts will be made after every day of tryouts and the “Invited Back” list will be posted on the CHS website and on Twitter.
- Boys Teams-
 - On average there are ~90 boys that tryout each year. There will be ~60 players total picked for our Reserve/JV/Varsity teams.
- Girls Teams-
 - On average there are ~60 girls that tryout. There will be ~40 players total picked for our JV and Varsity teams.

Team Info and Expectations

- Varsity Team
 - Roster of ~20 players. All grades are eligible to make varsity.
 - Train every day of the week right after school (aside from game days) + recovery sessions on some Saturday mornings.
 - Up to 19 game regular season (including the preseason scrimmage). We will play 2 games a week on Tuesday and Friday evenings. Occasionally we will play on a Thursday night instead of Friday.
 - Player dues- \$400
- JV Team
 - Roster of ~20 players. Grades 9-11 are eligible to make JV.
 - Train every day of the week right after school (aside from game days).
 - Up to 13 game season. 1 or 2 games a week typically on Monday, Wednesday, or Thursday. Occasionally JV will play on a Tuesday or Friday night if there is a JV/Varsity boys double header match.
 - Player dues- \$325
- Reserve Team (boys only)
 - This is the first year we will have a Reserve boys team which will consist primarily of 9th graders, however there may be sophomores and juniors added to this team. We are one of the first/only programs in the state that will have a reserve team.
 - Roster ~20 players
 - Train twice a week
 - 6-10 game season. Typically only 1 game a week on Mondays, Wednesdays, or Thursdays
 - Player dues \$150

Soccer Dues Are Mandatory

- If can not pay your dues or you are not willing to help fundraise to cover your dues, do not tryout.
- We have one of the most consistently talented programs in the state over the last few years. Our ability to properly run a top tier program that matches the quality of talent we have on the field relies on money from player dues, fundraising, and donations from the community.
- We are one of the cheapest sports to play at CHS and one of the cheapest soccer programs to play for in Cobb County.
- The cost difference between the Varsity, JV, and Reserve teams is staggered based on the number of games each team plays. The more game played = more pregame meals to pay for, more activity bus drivers to pay for, more referees to pay for, etc.

What do your dues go towards?

- We receive zero funding from the school/county so everything that we do for this program comes from our player dues, fundraising efforts, and donations from the community.
 - Equipment- Replenishing and maintaining equipment like goals, pinnies, cones, balls, etc.
 - Jerseys/Warmups/Bags- We order new customized jerseys, warmups, and bags for our varsity teams every two years and hand down our old game apparel to the JV and Reserve programs.
 - Gameday Shirt- Every player in the program gets a gameday shirt
 - Training Shirt- Every player in the program in the program receives shirts to wear at training.
 - Playoff Expenses- If we have to travel to South GA for playoffs, the booster club helps cover some of those expenses.
 - Socks- We order two new pairs of socks for every player each year.
 - Pregame meals- We feed our players a meal before every away game.
 - Buses- We help pay our activity bus drivers.
 - Refs- We have to pay refs for every home game we have.
 - Community Coaches- Every team in our program has community coaches that help support our school coaches throughout the season. These coaches work with our players every single day for at least 2 hours from January through the end of April.
 - Season Kick Off Dinner- After our Blue and White scrimmage we host a season kickoff dinner for all players and parents in our program.
 - Senior Night- We provide a gifts and acknowledgment to every senior in our program at our Senior Night game.
 - Banquet- We hold an end of the season banquet for all teams in our program.

Tryout Registration

- All players interested need to fill out the tryout registration form located on the CHS Soccer Website and Twitter Page.
- Form Link- <https://forms.gle/HpsSxwQKWXYeMCkb8>



Questions? Contact the Coaches or the Booster Club Directly

- Join the remind group!
 - Boys Text “@chssccr24” to the number 81010
- Email-
 - Boys Coaches
 - Troy.Connolly@cobbk12.org – Varsity Boys
 - Joshua.Mcgruder@cobbk12.org- JV Boys
 - Brian.Floresta@cobbk12.org – Reserve Boys
 - Booster Club
 - campbellspartanssoccer@gmail.com
- Twitter
 - @Coach_TConnolly
 - @Sparta_Soccer
- Soccer Website
 - www.campbellspartanssoccer.com
 - www.connollyhistory.weebly.com/soccer

Soccer Schedule 2024

- **Tues. 1/16** **Tryouts Start**
- **Thur. 1/25** **Kickoff Dinner**
- **Fri. 1/26** **Blue and White Night**
- Fri. 2/2 @ River Ridge- Scrimmage
- **Mon. 2/5** **South Cobb**
- Tues. 2/6 @ South Cobb
- Thur. 2/8 @ Harrison
- **Fri. 2/9** **Harrison**
- Mon. 2/12 @Dunwoody
- **Tues. 2/13** **Dunwoody**
- **Wed. 2/14** **Lovett JV**
- Thur. 2/15 @ Lovett Varsity
- **February Break 2/19-2/23**
- **Mon. 2/26** **Berkmar**
- Tues. 2/27 @ Denmark
- Wed. 2/28 @ Allatoona
- Fri. 3/1 @ Chamblee
- Mon. 3/4 @ Pope
- Tues. 3/5 @ Lambert
- **Fri. 3/8** **Carrollton****
- Mon. 3/11 @ Mountain View
- **Tues. 3/12** **Osborne**
- **Thur. 3/14** **Westminster**
- **Fri. 3/15** **East Coweta****
- **Mon. 3/18** **River Ridge**
- **Tues. 3/19** **Pace- Senior Night**
- Wed. 3/20 @ Pace - Will confirm later JV
- Thur. 3/21 @ Pace - Will confirm later JV
- Fri. 3/22 @ Westlake**
- **Tues. 3/26** **Norcross**
- Wed. 3/27 @ Pebblebrook
- Thur. 3/28 @ Pebblebrook**
- **Spring Break 4/1-4/5**
- Tues. 4/9 @ Osborne
- **Fri. 4/12** **Pope**

Varsity Girls 6:00, Varsity Boys 8:00

JV Girls 6:00, JV Boys 7:45

Varsity Girls 6:00, Varsity Boys 8:00

JV Girls 6:00, JV boys 7:30

Varsity Girls 6:00, Varsity Boys 8:00

JV Girls 6:00, JV Boys 7:30

Varsity Girls 6:00, Varsity Boys 8:00

Girls 6:00, JV Boys 7:45

Girls 5:00, Varsity Boys 7:00

JV Girls 6:00, JV Boys 7:45

Varsity Girls 6:00, Varsity Boys 8:00

JV Girls 6:00

Varsity Girls 6:00, Varsity Boys 8:00

JV Boys 6:00, JV Girls 7:30

Varsity Girls 6:00, Varsity Boys 8:00

Varsity Girls 6:00, Varsity Boys 8:00

JV Girls 5:30, Varsity Girls 7:00

JV Boys 6:00, Varsity Boys 8:00

JV Boys 6:00, JV Girls 7:45

Varsity Girls 6:00, Varsity Boys 8:00

JV Girls 6:00, JV Boys 7:45

Varsity Girls 6:00, Varsity Boys 8:00

Varsity Girls 6:00, Varsity Boys 8:00

Varsity Girls 6:00, Varsity Boys 8:00

JV

Varsity

JV Boys 6:00, Varsity Boys 8:00

Varsity Boys 6:00, Varsity Girls 8:00