

NAMS Soccer



Nazareth Area Middle School soccer is open to 7th and 8th grade boys and girls. We play a combination of co-ed games, boys games, and girls games. We typically take about 17 on the A team, 15 on the B team, and 5 on reserve.

Coaches:

Middle School head coach: Mr. Tom Remely <tremely@nazarethasd.org>

Middle School assistant coach: Mr. Chad Friend <cfriend@nazarethasd.org>

Team website:

Go to the Middle School website, School & Parent Information menu, then click on Athletics, then Co-Ed Soccer.

Direct Link: <www.nazarethasd.org//Domain/78>.

Open Gym Sessions:

Open Gyms allow players to play with other middle school players who may not be on their club team. They also allow players who will be trying out for the MS team to get used to playing on a gym floor, since much, if not all, of tryouts will be held in the gym. Participation is not mandatory and attendance will have no bearing on tryouts. Sessions will be supervised by the MS coaches. Players are asked to wear their gym shirts and either sneakers or indoor soccer shoes for open gyms.

Physicals:

Players must have a current year physical in order to try out for the team. The forms can be downloaded from the Athletic Office site (<http://www.nazarethasd.org//Domain/72>). Free physicals for spring sports will be available at the high school, February 13, 5pm-6pm, or you can use your family doctor. If you are having a physical done at school, the physical form is due **by February 8**. If you are using your family doctor, it is due **by February 27**. If you already had a physical for a fall or winter sport in the same school year, you will not need another one but will need to turn in the re-certification form **by February 27**.

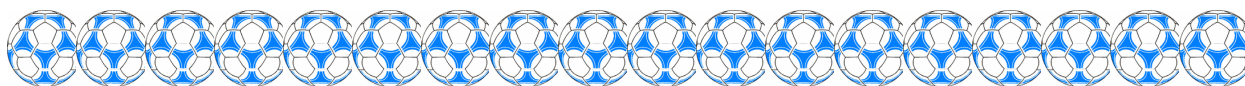
Dates & Times:

- **Open Gyms** will be:
 - 8th graders on the following Thursdays: February 14, 21, and 28, 2:15-3:30
 - 7th graders on the following Fridays: February 15, 22, and March 1, 2:15-3:30
- **Tryouts** will be March 4 through 7, after school, and the season runs from March until mid-May.
- **All Games** are scheduled on weekdays, warmups at 3:00, Varsity game at 4:00, JV around 5:15, ending around 6:00. Game Schedule: go to nazarethathletics.org and look under Fall—Soccer—Boys middle school. Game schedule will not be complete until we get closer to the season.
- **Practice** is every weekday that we don't have a game, 2:30-4:00, once the fields are cleared for use, except for conference days 3/12-3/15, when we will practice 11:15-12:15.

Generally, Middle School soccer does not conflict with club soccer games.

Preparation:

You don't have to be at a formal practice to train. You can do some of these things in small spaces by yourself:
Crunches, Pushups, Short sprints, Juggles, Small touches using all surfaces of both feet,
and watch games on TV!



Start Date	Subject	Start Time	End Time
2/15/2017	8th grade open gym	2:30 PM	3:30 PM
2/16/2017	7th grade open gym	2:30 PM	3:30 PM
2/22/2017	8th grade open gym	2:30 PM	3:30 PM
2/23/2017	7th grade open gym	2:30 PM	3:30 PM
3/1/2017	8th grade open gym	2:30 PM	3:30 PM
3/2/2017	7th grade open gym	2:30 PM	3:30 PM
3/5/2017	Soccer tryouts	4:00 PM	6:00 PM
3/6/2017	Soccer tryouts	4:00 PM	6:00 PM
3/7/2017	Soccer tryouts	4:00 PM	6:00 PM
3/8/2017	Soccer tryouts	4:00 PM	6:00 PM
3/9/2017	Practice (parent mtg 5:30-6:00)	4:00 PM	6:00 PM
3/12/2017	Practice	2:30 PM	4:15 PM
3/13/2017	Practice	11:15 AM	12:30 PM
3/14/2017	Practice	11:15 AM	12:30 PM
3/15/2017	Practice	11:15 AM	12:30 PM
3/16/2017	Practice	11:15 AM	12:30 PM
3/19/2017	Practice	2:30 PM	4:15 PM
3/20/2017	Practice	2:30 PM	4:15 PM
3/21/2017	Practice	2:30 PM	4:15 PM
3/22/2017	Practice	2:30 PM	4:15 PM
3/23/2017	Practice	2:30 PM	4:15 PM
3/26/2017	Practice	2:30 PM	4:15 PM
3/27/2017	Practice	2:30 PM	4:15 PM
3/28/2018	Practice	2:30 PM	4:15 PM
3/29/2017	Game @ Nitschmann	4:00 PM	6:00 PM
3/30/2017	Game vs Northeast	4:00 PM	6:00 PM
3/31/2017	Practice	2:30 PM	4:15 PM
4/3/2017	Practice	2:30 PM	4:15 PM
4/4/2017	Game vs Broughal	3:00 PM	6:00 PM
4/5/2017	Practice	2:30 PM	4:15 PM
4/6/2017	Game vs East Hills	3:00 PM	6:00 PM
4/7/2017	Practice	2:30 PM	4:15 PM
4/10/2017	Game @ BECA	3:00 PM	6:00 PM
4/11/2017	Practice	2:30 PM	4:15 PM
4/12/2017	Game @ Whitehall	3:00 PM	6:00 PM
4/13/2017	Practice	2:30 PM	4:15 PM
4/18/2017	Practice	2:30 PM	4:15 PM
4/19/2017	Game vs Harrison-Morton	3:00 PM	6:00 PM
4/20/2017	Practice	2:30 PM	4:15 PM
4/21/2017	Practice	2:30 PM	4:15 PM
4/24/2017	Game vs Trexler	3:00 PM	6:00 PM
4/25/2017	Practice	2:30 PM	4:15 PM
4/26/2017	Game @ Raub	3:00 PM	6:00 PM
4/27/2017	Practice	2:30 PM	4:15 PM
4/28/2017	Game vs South Mountain	3:00 PM	6:00 PM
5/1/2017	Practice	2:30 PM	4:15 PM
5/2/2017	Soccer @ Nitschmann	3:00 PM	6:30 PM
5/3/2017	Boys/Girls Practice?	2:30 PM	4:15 PM
5/4/2017	Boys/Girls Practice?	2:30 PM	4:15 PM
5/5/2017	Boys/Girls Practice?	2:30 PM	4:15 PM
5/8/2017	Girls game?	3:00 PM	6:00 PM
5/9/2017	Soccer @ Broughal (boys game?)	3:00 PM	6:30 PM
5/10/2017	Girls game?	3:00 PM	6:00 PM
5/11/2017	Soccer @ East Hills (boys game?)	3:00 PM	6:30 PM
5/12/2017	Girls game?	3:00 PM	6:00 PM
5/15/2017	Soccer vs BECA (boys game?)	3:00 PM	6:30 PM
5/16/2017	Last practice	2:30 PM	4:15 PM