

Big Sky Girls Soccer

Optional Field Sessions will be Tuesdays 5pm-7pm at BSHS starting June 5th.

August 10th – First Day of Tryouts 7-9 am meet in the football stadium with running shoes on.

We are going to do Cooper Test first thing. Bring all your soccer gear.

Physical Fitness Tests for BSHS Girls Soccer 2018

Cooper Test - the point of the test is to run as far as possible within 12 minutes on a track. The goal is to get at least 6 laps. Make sure you bring your running shoes and soccer cleats.

300 Meter Shuttle – <https://www.youtube.com/watch?v=BeZBsL9UVok> This is a spring test where you run 6 down and back 25 yards sprints. You do this 2 times with a 5 minute break in between.

Push Up Test – <https://www.youtube.com/watch?v=jmX0cRpp0nc>

The push up test requires the player to perform as many push ups as possible in 60 seconds.

Sit up Test – <https://www.youtube.com/watch?v=lb4AWFnwWhc>

The sit up test requires the player to perform as many sit ups as possible in 60 seconds.

Pattern Runs - More information will be provided at a later time.

We hope to see you throughout the summer. We do want to have a good level of fitness before the season starts so we hope you will be holding yourself personally accountable or get a fitness buddy. We are really looking forward to the 2018 season.

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