

10 Steps to playing THS GIRLS' SOCCER

So you want to play Lady T-Bird Soccer. Here's what you need to do NOW to be involved this summer and ready to play in the Fall.

THE 10 STEPS

1. Read Summer Letter 202-2024
2. Print out the Summer 2023 Calendar
 - a. Post it where you can see it.
3. Read the 212 Club - Fitness & Preparedness
 - a. Make a plan
4. Contact (txt) a coach
 - a. Share your contact info
 - i. Get added to the team GroupMe (Lady T-Bird Soccer)
 - ii. Respond to the invite
 - iii. Keep up to date on team activities, events and schedule changes
 - b. Share your parent/guardian's contact info
 - i. Get them added to the family GroupMe (Lady T-Bird Soccer Families)
 - ii. Be sure your parent/guardian responds to the invite
 - iii. Keep up to date on team activities, events and schedule changes
5. Join us for summer training, scrimmages, and events.
6. Get to work
 - a. Do your thing - club/rec team, family events, travel, summer job, etc.
 - b. Individual workouts
 - i. Running, Skills, Lifting, Swimming, Biking, etc.
7. Join the 212 Club
 - a. Post your work out details
 - i. Name, pic, count, who you worked out with, date, and what you did
 - b. Celebrate your teammate's achievements on GroupMe.
8. Order your Tumwater High School Lady T-Bird Spirit Pack
 - a. Posted by the boosters in the Lady T-Bird Soccer Families GroupMe
9. Get cleared for Fall Sports (Soccer) at THS
 - a. Please use the Final Forms link on the THS website.
10. Show up ready on August 21
 - a. Check-in starts at 4:30. Training starts at 5 pm.