

# 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 2022-2023
2. Print out the Summer 2022 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 trainings, 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. <https://tinyurl.com/THSgirlsoccerform>
9. Get cleared for Fall Sports (Soccer) at THS
  - a. [THS Fall Sports Clear Schedule 22-23 Season](#)
10. Show up ready on August 22