

Out of Season Boy's B-Team Soccer

- For whom:** boys at Forest Middle School grades 7 – 8, interested in B-team soccer
When: Thursday afternoons (4:00ish to 5:30), the coach is coming from JFHS so he may not get there by exactly 4:00pm, later in the winter we will end earlier as it becomes dark.
Where: Forest Middle School field (football/soccer field)
Coach: Marty Ponder (mponder@bedford.k12.va.us)
Beginning: Thursday, September 21

Boys, 7th and 8th grade, who are interested in B-team soccer are invited to participate in out-of-season training and pick-up games on Thursday afternoons at Forest Middle School. We will try to begin by 4:00pm and finish by 5:30pm. These once per week sessions will continue through the winter (weather permitting) until the start of the spring soccer season. Participants MUST have a current (dated after May 1, 2017), completed VHSL Physical Form AND a signed permission note (bottom portion of this page). Participants are expected to be properly equipped (shorts, cleats, shin guards) and bring a ball to each session. VHSL Physical Forms may be downloaded from the VHSL Website, Jefferson Forest High School Athletics Website, or email Coach Ponder for a copy. Participation in out of season training is not mandatory for B-team players, nor does it guarantee a spot on the team. Try-outs will be held at the end of February.

Coach Marty Ponder,
mponder@bedford.k12.va.us

cell: 434-221-7991

Player's Name: _____ Grade: _____

Parent Name: _____ Emerg. # _____
(List the best emergency number first, use additional lines as needed)

_____ Emerg. # _____

_____ Emerg. # _____

_____ Emerg. # _____

Email addresses: _____

I grant permission for, _____, to participate in out of season boys B-team soccer training and pick up games on Thursday afternoons. I will be able to ensure that he is picked up each Thursday by 5:30pm.

Parent signature

Date