



SCHOLARSHIPS FOR SOCCER
A ROAD MAP TO SOCCER MONEY FOR COLLEGE

- **Manage Your Own Expectations**
If your child sees that you are stressed and have unrealistic expectations, pressure begins to mount for your child to meet your expectations.
- **Ensure Your Child Gets Plenty of Sleep**
Your child needs 8 hours minimum sleep, 10 hours if possible
- **Keep Your Child hydrated**
Your child needs to be well hydrated before and during tryouts. Also it's important to remind them to drink water at school
- **Make Sure Your Child Has Enough To Eat**
Make sure your child gets enough fuel for energy. Tryouts are not the time to count calories
- **Clear Tryout Week Calendar As Much As Possible**
- **Use The Week As A Lesson In Time Management**
Have your child make a schedule beforehand
- **Get Your Child To The Tryouts Early**
Your child should be able to get a few touches on the ball before "official warm-ups" begin, as those warm-ups are observed and evaluated by the coaches
- **Relieve Pressure On Your Child**
You know your child. Do what you can to relax them before tryouts
- **Watch Tryouts From Afar**
No helicoptering. Coaches have a huge job evaluating players. Tryout time is not the time for parents to be interacting
- **Beware! Parents Are Also Being Evaluated!**