Welcome to the Cabrillo Seahawks soccer program! The Cabrillo coaching staff is looking forward to helping players maintain a good balance between their academic and athletic endeavors so that success can be reached both on and off the field.

If you are an incoming freshman, once you are registered at Cabrillo College make sure to take the assessment test as soon as possible. Next, make an appointment with our Athletic Counselor Arturo Cantu to prepare your educational plan. You can reach him at (831) 479-6265 or e-mail him at arcantu@cabrillo.edu. Then, sign up for your Fall classes by mid-May. Classes fill up quickly, so don’t waste time - just get it done!

If you are a returner, you’ll need to have passed a minimum of 24 units (18 academic units) to be eligible to play your second season and you will still need to meet with our Athletic Counselor to review your educational plan.

Players interested in joining the Women’s team need to sign up for the following Fall classes:

- **ATH 15E - 2 units** Section # 77858
- **CG 51 - 1 unit** Section # 76453
- **ATH 10 - 1 unit** Section # 76305

*Please note when registering for ATH10, the times listed may not be necessarily the training times. Practice will end by 2:10 so students will be able to register for a class starting at 2:10. An overlap form may be required.

To be eligible to play intercollegiate soccer, you must stay enrolled in a minimum of 12 units, 9 of which must be academic units. So, in addition to the classes mentioned above, you will need to sign up for another 9 units.

Student-athletes must have a physical and be enrolled in the classes listed above before participating in practices/tryouts. **NO PHYSICAL NO TRYOUTS NO EXCEPTIONS!**

Physicals are held at the Santa Cruz Sports Medicine Center of Dominican Hospital. For information regarding the physicals, please visit the Cabrillo Athletics home page at [http://www.cabrillo.edu/academics/athletics/index.html](http://www.cabrillo.edu/academics/athletics/index.html)

You can also make your own arrangements to have it done before the first day of tryouts on August 15th. Students will also need to bring the student-athlete pre-participation information packet below with all the information requested at the first training session on August 15th.

The following required forms can be downloaded from the Cabrillo Sports Medicine website at [http://www.cabrillo.edu/academics/athletics/training/index.html](http://www.cabrillo.edu/academics/athletics/training/index.html)

**Student-Athlete Pre-Participation Information Packet**

- **Pre-Participation Letter**
- **Form 1A**
- **Form 1B**
- **Form 1C**

In order to be successful in the fall, YOU NEED TO START TRAINING NOW! Your personal dedication to fitness and the overall technical aspects of the game is the basis of our success as a team next fall.

**Preseason Women’s Practice Schedule:**

**August 15-August 30 10:30-1:00**

The first game is August 31 VS Las Positas at 5:00 at Aptos.

**FALL SCHEDULE TRAINING:**

Women’s 12:40-2:15 (Stadium)

TRAINING will be on MONDAYS, WEDNESDAYS and THURSDAYS.

GAMES will be on TUESDAYS and FRIDAYS.

This schedule will remain the same until the end of the season. Be sure to take your soccer schedule into consideration when registering for your classes.

If you have any questions, please call me at (831) 479-6593 (office) or email me at miarzaba@cabrillo.edu