

# WOODCREEK WOMEN'S SOCCER 2022-23



**Oct 03**      *Voluntary* conditioning starts 3 days a week in the stadium  
Monday, Wednesday & Thursday 3:45-4:30

**Oct 31**      Try-outs will be held in the stadium or back soccer field. Times TBD

We will have a Varsity, Junior Varsity and possible Frosh team with *approximately* 16-20 players per team.

You must have a completed and cleared athletic packet submitted online *before* you can try-out and/or participate in pre-season conditioning. <https://www.rjuhsd.us/domain/823>

You must be clear of all fines/fees. Any questions see Ms. Souza in the Asst. Principal's office.

You must have cleats and shin guards in order to try-out and running shoes for conditioning.

For try outs, wear a white t-shirt with your last name written on front and back. Write large so the coaches can identify you.

Try-outs will be *EVERYDAY* in the stadium and/or back soccer field.

Please contact Coach Mark Bowman @ 916-622-7465 or by email @ [mbowman@rjuhsd.us](mailto:mbowman@rjuhsd.us) with any questions.

**[www.woodcreeksoccer.com](http://www.woodcreeksoccer.com)**

2012 CIFSSJ Section Champions

2017 Sierra Foothill League Champions

2019, 2020 & 2021 Capital Valley Conference Champions

