

ATHLETIC FORCE

HOW TO MAKE THE TEAM **TRYOUT GUIDE**

Usually on a tryout there are at least 50 other athletes and you never know when the coach is watching you. You have to be sharp and on top of your game at all times. That's why I have put together some tips that are useful for tryouts.

- Know where the first meeting place is and what time. Never be late.
- Make sure your gear is ready and working. Double check when packing so you don't forget anything.
- Bring your own pillow. That helps you to sleep better in a hotel
- Make sure you are in great shape when the camp starts.
- Bring lots of quality snacks with you. Usually days are long and schedule tight and there is not really time for a good lunch. Proper nutrition is very important if you want to perform well.
- The first impression can make a big difference. When meeting the coach introduce yourself with genuine smile, eye contact and speak clearly.

Your Spirit...Our Training...You Can Do It
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- Dress like you would for a job interview.
- Always be the last one to leave the field, ice or court. This shows the coach that you want to get better and work hard.
- Never complain, go with the flow.
- Never look sloppy
- Never give up
- Always do your best.

Enroll in [Athletic Force player placement program](#). We will find you tryouts, assist with travel planning, paper work, resume writing and you will also get a complete two months training program to make sure you are in the best shape at the tryout. [Click here](#) for more details and to sign up.

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