



FCA Tryout Tips for Players



FCA understands that tryouts can be a stressful and emotional time for both players & parents. Here are some tips that we hope will make your FCA Tryout an enjoyable experience!

Players

Be Prepared!

- Get your gear ready the night before!
- Get a good nights rest!
- Eat a proper breakfast!
- Drink plenty of water!
- Talk with your coach and parents about tryouts.
- Bring water!
- Bring a ball!

Understand:

- Tryouts are about “showcasing yourself”!
- Everything you do will send a message to a coach!
- Being late sends a message!
- Being early sends a message!
- Hustling sends a message!
- Listening sends a message!
- Not hustling sends a message!
- Not being flexible about positions sends a message!
- Saying “I’ll try!” sends a message!
- Mistakes happen! Don’t worry! Play on!

Finally:

- Enjoy the experience!
- Have a positive attitude!
- Smile! Show you love the game!