

## 2018 Summer Soccer Workouts

ALL PLAYERS MUST BRING CLEATS AND RUNNING SHOES TO EACH WORKOUT!!!

Water will be provided!!!

Schedule:

**May 30-** Workout at the Bowl in Foundation Park **4:30-5:45**

**May 31-** Practice at Rotary Park Soccer Fields **4:30-7:00**

**June 4-** Workout at the Bowl in Foundation Park **2:00-3:30**

**June 6-** Practice at Rotary Park Soccer Fields **4:30-7:00**

**June 11-** Workout at the Bowl in Foundation Park **2:00-3:30**

**June 13-** Practice at Rotary Park Soccer Fields **4:30-7:00**

*During this 10 day break students should log at least 15 miles of running on their own.*

**June 25-** Workout at the Bowl in Foundation Park **2:00-3:30**

**June 27-** Practice at Rotary Park Soccer Fields **4:30-7:00**

**July 2-** Workout at Bowl in Foundation Park **2:00-4:00**

*During this week break players should log at least 10 miles run in distance.*

**July 9-** Workout at bowl in Foundation Park **2:00-4:00**

**July 11-** Practice at Rotary Park Soccer Fields **4:30-7:00**

**July 16-** Workout at bowl in Foundation Park **2:00-4:00**

**July 18-** Practice at Rotary Park Soccer Fields **4:30-7:00**

*The week of July 23<sup>rd</sup>-27<sup>th</sup> is a camp session in which players will have practice from 9:00 A.M. to 11:30 A.M. and then come back for a secondary conditioning and strength training from 5:00 P.M. to 7:00 P.M.*

*\*Both will be done at the Soccer Fields*

**Try-Outs will be held on August 8<sup>th</sup> and August 9<sup>th</sup> at Rotary Field. These are mandatory for anyone interested in playing.**

If you have any questions or concerns, please contact Coach Sanders at [618-367-4341](tel:618-367-4341) or let one of the captains know you will not be at practice.

