

June, 2018



Dear Parent & Soccer Athlete:

I would like to take this opportunity to welcome you to the 2018 boys' Varsity & JV soccer teams and a new, exciting season! I plan to make this year successful and enjoyable. To attain these two goals, each of you must help.

The essential ingredient in attaining our goals is that each of you is mentally and physically prepared for the new season. Our season begins **Monday, August 27th at 8:30 AM sharp on the turf field.**

Registration:

The Roslyn

Athletic Department is excited to announce that we are now offering the convenience of online athletic registration through FamilyID (<https://www.familyid.com/organizations/roslyn-public-schools-athletic-department>). Every athlete must register through Family ID at least 1 week prior to the first day of tryouts.

*Prior to registration, you will need to have a **valid physical examination recorded** on a Roslyn health form (available at: <https://www.roslynschools.org/Page/655>)

*The registration portal will open 30 days prior to the first day of each session's tryout.

*All student-athletes must have taken the **Impact Concussion Management Test** prior to the first day of tryouts.

*Also, if applicable a completed self-medicated form must be turned into the school nurse.

As the restful summer season comes to an end, please remember that the success of our team depends on hard work and dedication to make yourself fit between now and the start of the season. Preparation will decrease injuries in the beginning of the season and prepare us for the challenging New Year. I have included a variety of workouts that you may want to follow to help you get in shape. While doing these workouts, ***please remember to keep yourself hydrated and work out in cooler times during the day.***

TRY-OUT SCHEDULE:

MORNING

AFTERNOON

Monday, August 27	8:30 - 10:30	2:30 - 4:00 pm
Tuesday, August 28	8:30 - 10:30	2:30 - 4:00 pm
Wednesday, August 29	8:30 - 10:30	2:30 - 4:00 pm
Thursday, August 30	8:30 - 10:30	Possible Varsity Practice
Friday, August 31	8:30 - 10:30	
Saturday, September 1	8:30 - 10:30	

I look forward to working with you during the 2018 season.

Sincerely,

Coach

Coach Oldis – Varsity Assistant

Coach Figueroa – JV Coach

**BOYS' SOCCER
SUMMER TRAINING SCHEDULE**

WEEK	DAYS	ACTIVITY
# 1	M / W / F	2 mile run, under 16 minutes
	Tues / Thurs	<ul style="list-style-type: none"> ❖ 1 mile warm-up - 8 minutes ❖ [5] 400 yard sprints under 95 seconds each (1 lap around the track) 2 minute rest between sprints ❖ stretch 15 minutes
# 2	M / W / F	2 mile run, under 16 minutes
	Tues / Thurs	<ul style="list-style-type: none"> ❖ 1 mile warm-up - 8 minutes ❖ [10] 200 yard sprints under 50 seconds each (1/2 lap around the track) 2 minute rest between sprints ❖ stretch 15 minutes
# 3	M / W / F	2 mile run, under 15 minutes
	Tues / Thurs	<ul style="list-style-type: none"> ❖ [5] 200 yard sprints under 50 seconds each ❖ [10] 100 yard sprints under 20 seconds each 2 minute rest between sprints ❖ stretch 15 minutes
# 4	M / W / F	<ul style="list-style-type: none"> ❖ 1 mile warm-up 8 minutes ❖ [10] 100 yard sprints under 30 seconds each ❖ [10] 50 yard sprints under 20 seconds each ❖ [10] 20 yard sprints 2 minute rest between sprints ❖ stretch 15 minutes
	Tues / Thurs	3 mile run under 26 minutes
# 5	M / W / F	<ul style="list-style-type: none"> ❖ 1 mile warm-up 8 minutes ❖ [10] 50 yard sprints under 15 seconds each ❖ [10] 20 yard sprints - all out ❖ [20] 10 yard sprints - shuttles up and down) 2 minute rest between sprints ❖ stretch 15 minutes
	Tues / Thurs	3 mile run under 24 minutes

Other Recommendations: Weight Training 2x per week
 Train with a partner
 Push-ups and sit-ups daily
 Ball work every day
 Play games as often as possible