

HARTLAND HIGH SCHOOL



BOYS SOCCER

SUMMER 2011

<http://www.hartlandhighschool.us/teachers/kartsounes/BoysSoccer.htm>

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Dear Parents,

Once again it is time to begin planning for this fall's soccer season. As you will see from the following pages we expect a lot from the players who chose to commit to soccer. We believe that this program will continue to be successful if we all contribute. Accordingly, we do have several requests to make of you. First, make sure your player has a physical on file with the athletic office before preseason tryouts begin. Second, preseason tryouts will begin Wednesday, August 10th with our first scrimmages as early as the next Saturday. Please try to keep the first two-week period free for your players. It is vitally important that we get as much practice time as possible as a team. Also, please try to keep Saturday, August 13th clear, as some of the teams may be playing in several scrimmages. Third, at the August Parent's Meeting we will be asking for parents who wish to act as scorekeepers/timers and announcers for each home game, and we will even try to get all of you to help with our fundraising efforts. Finally, you can be of great inspiration to your sons if you will attend our games. A full schedule and maps to all games will be distributed to all of you at the Parents Meeting which will be scheduled sometime during the week of August 15th. Further reminders will be forthcoming in August.

Until August,

Andrew J. Kartsounes

Varsity Soccer Coach

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For the most up to date information, check out the Boys Soccer website at,

<http://www.hartlandhighschool.us/teachers/kartsounes/BoysSoccer.htm>

or connect to it through the "Boys Soccer" link on the Athletics website.

HARTLAND EAGLES BOYS SOCCER SUMMER CONDITIONING PROGRAM

Welcome to another year of Eagles Boys Soccer. This year we have several goals. First, we need to improve our **discipline** in everything from how we approach and perform in practice, to our game behavior. Second, we need to improve our **speed of play**, which will lead to increased **possession**. Finally, we need to recapture a **winning record** and continue the fight for the **KLAA and State titles**.

Of course, the first step to success is to have a well-conditioned team. In order to achieve that goal **BEFORE** we begin our actual practices, we will all participate in the following conditioning plan.

STRETCHING/EXERCISE

Dynamically stretch twice daily for 10 - 15 minutes. When working out, dynamic stretch before and static stretch after. Be sure to emphasize exercises for the core and upper body.

CONDITIONING PRACTICES (see attached calendars)

Overall, our conditioning practices will include July scrimmaging, but we will also employ dynamic warm-ups, strength training, speed/agility/quickness training, and even some Coerver training as well, just to keep things interesting.

EQUIPMENT

Bring running shoes to all conditioning practices, preferably ones that won't mark the gym floor. During July conditioning, bring all your soccer equipment, as you will be playing soccer. During August conditioning, no soccer balls are allowed, but still bring your running shoes. Also, **bring your own water**.

ATTENDANCE

Of course, these conditioning practices must be optional. However, soccer is a team sport, and all players on a good team must be willing to work!

ATHLETIC PHYSICALS

As per our school rules, **all players must turn in a physical form before being allowed to try-out on Wednesday, August 10th**. Physical forms can be acquired from Coach Kartsounes, the athletic office or the Boys Soccer website. Please remember the physical forms require several parental and player signatures on both sides of the form before they can be placed on file at the High School. Physicals are only good for one school year, so if your physical was used last school year it is NOT considered valid. If you had a physical for band camp you must retrieve it from Mr. L and turn it in to either the athletic office or a soccer coach.

PRESEASON TRYOUTS!

The following is subject to change especially the JV schedule given we still need to hire a JV coach, so please check the website often!

All preseason tryouts will be held at the High School. Some players may be asked to attend different practices beginning the second day. The following are the groups.

1. JV – all Freshmen and Sophomores players
2. Varsity – all returning Varsity letter winners and any other Juniors and Seniors

Wednesday, August 10th	
• Varsity	9:00 AM – 10:30 AM
• JV	2:45 PM – 4:15 PM
• Varsity	4:30 PM – 6:00 PM
Thursday, August 11th	
• Varsity	9:00 AM – 10:30 AM
• JV	2:45 PM – 4:15 PM
• Varsity	4:30 PM – 6:00 PM
Friday, August 12th	
• Varsity (Varsity team will be named at the conclusion of this practice)	9:00 AM – 10:30 AM
• JV	2:45 PM – 4:15 PM
• Varsity	4:30 PM – 6:00 PM
Saturday, August 13th	
• Scrimmages	TBA
JV / Freshmen team tryouts may continue into the next week as needed.	