

HARTLAND HIGH SCHOOL



GIRLS SOCCER

WINTER 2012

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

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Dear Parents,

It is time to begin planning for this spring'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 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 try-outs begin on March 12th. Second, the Girls soccer season is very time intensive, so please try to keep the two-week preseason 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 the weekend of March 16th – March 17th clear, as both the Varsity and JV teams will be attending The "Lakes Area Showcase" preseason tournament (<http://www.lakesareashowcase.com/>). Third, at the March Parent's Meeting we will be asking for parents who wish to act as scorekeepers/timers and announcers for each home game as well as other activities. Finally, even if you chose not to help organizationally, you can be of great inspiration to your daughters if you will only attend our games and cheer positively for our teams. A full schedule and maps to all games will be made available to you at the Parents Meeting which will be held shortly after team selection. Further reminders will be forthcoming in March.

Until March,

Andrew J. Kartsounes

Varsity Soccer Coach

School: (810) 626 – 2320

Home: (810) 750 – 5505

Cell: (810) 247 – 1451

Email: andrewkartsounes@hartlandschools.us

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

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

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

HARTLAND EAGLES GIRLS SOCCER WINTER CONDITIONING PROGRAM

Welcome to a new year of Hartland Girls Soccer. While last year was a record setting season, this year we want to have even more success by moving into the fight for the **KLAA and State titles**. Of course, the first step to success is to create a **fitness base** that is second to none. In order to achieve that goal **BEFORE** we begin our actual practices, the following conditioning plan will be available.

DYNAMIC STRETCHING

Dynamically stretch twice daily for 10 - 15 minutes. When working out or playing, it is incredibly important to dynamically stretch before. Static stretching is acceptable only *after* a workout as part of your cool down.

STRENGTH & CONDITIONING PRACTICES

This year our professional strength and conditioning coach Mike Cieszkowski will be running sessions for all players every Monday, Wednesday and Friday from 2:30 – 3:00 PM. He will work on all aspects of your physical well-being including basic conditioning, speed training, agility and quickness training, core strength exercises, and other work specifically targeted to strengthen those areas that will aid in injury prevention.

EQUIPMENT

Bring running shoes or indoor shoes to all conditioning practices, preferably ones that won't mark the gym floor. Please 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 successful 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 Monday, March 12th**. Physical forms can be acquired from Coach Kartsounes, the athletic office or either the Girls Soccer or Athletics websites. There is a new form this year, so be sure to get the updated form. Please remember the physical forms require several parental signatures on both sides of the form before they can be placed on file at the High School.

TRY-OUTS

All try-outs will be held at either Kicks & Sticks, outside on our practice field if weather permits, or in the one of the District's gyms. Please check with Coach Kartsounes or the website for tryout sites and times as soon as they become available.