

Dear Wissahickon Soccer Players,

PRACTICES - Start - Monday 8/17: 8:00-11:00am Meet in the stadium.

The normal schedule will be 8:00-11:00 and 4-6pm for the first week. The times will remain the same for the varsity squad and will be announced during the first week. The JV squad will practice from 8:00-11:00 and there will be a 1-3 p.m. session. This will be the practice schedule unless notified otherwise by the coaching staff.

Philosophy- The varsity program is meant to be competitive in nature utilizing the highest level of talent available determined by the coaching staff. The junior varsity program is considered to be developmental and serve as a feeder for the varsity level program.

Format- The practices will involve fitness, technique, functional practices and game play. During the course of pre-season the size and composition of the squads will be announced at the end of the first and/or second week of practice. Ideally, both squads will have eighteen players.

Preparation- In order to prepare physically and mentally you will find a soccer fitness handout on the website for pre season. I strongly suggest you workout early morning or evening when it's generally cooler. Also, try if possible to workout with other players who are preparing for pre season. The amount of running you, as an individual will do at pre season camp is determined by how fit you are coming into camp. **There will be an incentive to be fit DAY 1.**

Summer/Fall work schedules - if you work part-time notify your employer NOW that you need to rearrange your schedule.

Physicals - Please make sure that you have your physical and athletic eligibility records complete; you **WILL NOT** be able to practice until this has been done. Physicals are your responsibility to have completed. There is NO school supported physical date.

**PLEASE COMPLETE THE PAPERWORK EARLY (PRIOR TO AUGUST 17<sup>TH</sup>) AND TURN IT IN TO THE BASKET AT THE ATHLETIC OFFICE ONLY – (DO NOT LEAVE IT IN THE MAIN OFFICE)**

Other information - Athletic shoes - please make sure you break in any new cleats/running shoes prior to the pre season. I strongly advise you to bring along your running shoes for the 'wood laps'. Shin guards **MUST** be worn at all practices.

Finally, I am looking forward to working with you all this forthcoming season. Be prepared to work hard, listen, learn and have FUN

Varsity Coach- Dr. Stuart Malcolm

Asst Coaches – Coach Kempf, Coach Lomady, Coach McDaniels