



### **JUNE, 2009.**

- ❖ Enjoy family vacations, summer trips and friends
- ❖ Get involved in local tryouts; play club soccer if you can
- ❖ Get involved in soccer camps and skills training sessions
- ❖ Play soccer every chance you get

### **JULY, 2009.**

- ❖ Stay involved in soccer camps & training clinics
- ❖ Summer Soccer Kick Around begins every Tues & Thurs, 6-7:30pm at FSUS
- ❖ Swim every chance you get, work leg muscles for speed.
- ❖ Play soccer every chance you get

### **AUGUST, 2009.**

- ❖ Summer Workout package I provided you starts August 3, get started
- ❖ Stay involved in our Summer Soccer Kick-Around at FSUS
- ❖ School Orientation week of August 17-21.
- ❖ School is back in on August 24; be prepared, stay organized
- ❖ Play soccer every chance you get

### **SEPTEMBER, 2009.**

- ❖ Tues, Sept. 1 – Pre-season Conditioning starts (Tues & Thurs. 3:30pm to 5:15pm)
- ❖ Week of Sept. 7, 14 & 21 – 10 Minutes Run (5 laps around a standard track)
- ❖ Week of Sept. 7, 14 & 21 – Preseason Beep Test (in the 80 percentile)
- ❖ Week of Sept. 7, 14 & 21 – Two Mile Test is conducted (2 miles in 16 minutes)
- ❖ Week of Sept. 28 – 6 laps in 10 minutes & Two miles 14 minutes.

### **OCTOBER, 2009.**

- ❖ October 5-9 – Group Conditioning Starts: Beep Test (Minimum round 10)
- ❖ October 12-16 – Group Conditioning: 2 miles in 12 mins, 7 laps in 10 mins.
- ❖ October 19-22 – Tryouts for all 3 teams daily 3:30 to 5:15 (MS, JV & VARSITY)
- ❖ October 23 – Teams are announced online and by email
- ❖ October 23 – FSUS Soccer Academy Skills Clinic for 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders
- ❖ October 25– Parent & Team meeting, 2pm (FSUS Cafeteria)
- ❖ October 26-29 – Preseason Jamboree, @ Fla High
- ❖ November 1 - Team Bonding event at the FSU Reservation
- ❖ November 2 - Garnet & Gold Scrimmage 6pm

**NOVEMBER 3, 2009 – First match of season**

