

PORTAGE NORTHERN GIRLS SOCCER 2007 WINTER INFORMATIONAL PACKET

VARSITY HEAD COACH

ANDY FUEHR

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VARSITY ASSISTANT, GOALKEEPER & HEAD JV COACH

TBA

VOLUNTARY WORKOUTS:

-START DATE: MONDAY, JANUARY 8

-MON & WED 3:15-4:15PM AT THE INDOOR TRACK

-TUE & THUR 3:15-4:15PM AT THE WEIGHT ROOM

-THE WORKOUTS WILL FOCUS ON IMPROVING SPEED, STRENGTH, AGILITY, & TEAMWORK

TEAM TRAINING AT WMU (SEELYE CENTER)

-DAY: SATURDAYS

-DATES: JANUARY 20, 27, FEBRUARY 3, 10, 17

-TIMES: 4-5:30PM

-COST: \$75 (CHECKS MADE OUT TO WMU SOCCER)

-LOCATION: SEELYE CENTER (NEXT TO WALDO STADIUM)

***THERE IS A LIMIT OF ONLY 25 PLAYERS. I WILL TAKE SIGNUPS TODAY AND UP UNTIL JANUARY 16TH. THIS WILL GO BY SENIORITY (VARSITY PLAYERS, JV PLAYERS, & INCOMING FRESHMEN).**

TEAM CAMP AT WMU

-DAYS: MONDAY-SUNDAY (WE WILL NOT GO EVERYDAY)

-DATES: MARCH 5-11

-TIMES: TBA (SATURDAY & SUNDAY WILL BE ALL DAY TOURNAMENTS)

-COST: TBA

-LOCATION: SEELYE CENTER (NEXT TO WALDO STADIUM)

***I WILL TRY TO FORM 2 TEAMS OF AROUND 16-18 PLAYERS, SO I WOULD LIKE TO GET ALL AVAILABLE PLAYERS TO GO**

TRYOUTS:

-DAYS: MONDAY-THURSDAY

-DATES: MARCH 12-15

-TIME: 3:30-5:30PM

-SITE: PN SOCCER COMPLEX (WEATHER PERMITTING), OTHERWISE WE WILL GO INDOORS

***JUNIORS & SENIORS MUST TRYOUT FOR VARSITY, FRESHMEN AND SOPHOMORES ARE WELCOME TO TRYOUT FOR VARSITY**

FYI

-ALL WORKOUTS & CAMPS ARE VOLUNTARY AND ARE NOT REQUIRED TO TRYOUT FOR THE SOCCER PROGRAM

-PARTICIPATING IN THE VOLUNTARY WORKOUTS, TEAM TRAINING, & TEAM CAMP DOES NOT GUARANTEE A SPOT ON EITHER VARSITY OR JV.

-IF YOU ARE PLAYING A WINTER SPORT, THAT TAKES PRIORITY OVER ANY EVENT WE MAY BE PARTICIPATING IN (WORKOUTS & CAMP)

-FEEL FREE TO CONTACT ME WITH ANY QUESTIONS THAT YOU MAY HAVE.

GOALS AND EXPECTATIONS

FITNESS GOALS

- RUN 2 MILES IN 13 MINUTES
- 35 PUSHUPS
- 2-MINUTE STRAIGHT LEGGED HOLD (6 INCHES OFF OF THE GROUND)
- 10-ONE HUNDRED YARD SPRINTS IN 10 MINUTES
- 20-FIFTY YARD SPRINTS IN 10 MINUTES

SKILL GOALS

- 100 CONSECUTIVE JUGGLES (FEET ONLY)
- DRIBBLING, PASSING, & SHOOTING PROFICIENTLY WITH BOTH FEET
- HAVING YOUR HEAD UP AT ALL TIMES (WITH & WITHOUT THE BALL)

5 TEAM GOALS

- DIVISION
- CONFERENCE TOURNAMENT
- DISTRICT
- REGIONAL
- STATE

PLAYER EXPECTATIONS

1. HAVE FUN!
2. NO EXCUSES
3. TRAIN AND PLAY YOUR HARDEST AT ALL TIMES
4. PUT THE TEAM BEFORE YOURSELF

**“EVERY MOMENT YOU AREN’T WORKING TO GET
BETTER...SOMEONE ELSE IS!”**

See Calendar Next Page

See Calendar Next Page

January 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OFF VACATION 1 ST -7 TH	2	3	4	5	6
7	8 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	9 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	10 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	11 OFF	12	13
14	15 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	16 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	17 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	18 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	19	20 TEAM TRAINING @ WMU (SEELYE CENTER) 4-5:30PM
21	22 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	23 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	24 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	25 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	26	27 TEAM TRAINING @ WMU (SEELYE CENTER) 4-5:30PM
28	29 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	30 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	31 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE			

February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	2	3 TEAM TRAINING @ WMU (SEELYE CENTER) 4-5:30PM
4	5 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	6 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	7 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	8 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	9	10 TEAM TRAINING @ WMU (SEELYE CENTER) 4-5:30PM
11	12 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	13 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	14 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	15 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	16	17 TEAM TRAINING @ WMU (SEELYE CENTER) 4-5:30PM
18	19 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	20 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	21 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	22 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	23	24
25	26 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE	27 WORKOUT 3:15-4:15PM WEIGHT ROOM IGLOO	28 WORKOUT 3-15-4:15PM INDOOR TRACK DOGHOUSE			

MARCH: TEAM CAMP AT WMU 5TH – 11TH, TRYOUTS 12TH – 15TH