

Important Soccer Dates for 2010-2011 School Year

Summer Workouts Begin June 15th

6:30 PM Tuesday & Thursday June 15th-June 30th

(Dead Week July 1st- July 7th)

6:30 PM Tuesday & Thursday July 13th-July 22nd

Training

Mad Vez Training 7:00 pm July 26th-July 30th and Aug 2nd-Aug 6th

Conditioning

7:30 AM July 26th-Aug 10th (No Soccer balls allowed)

Fitness Test Aug 11th 6:30 PM

1 mile run Target time under 6 min 30 seconds

15 min run

40 yard dash

Try outs and Practice begin Aug 12th

6:00 PM daily Monday- Friday until School starts