

PORTAGE NORTHERN BOYS SOCCER

INFORMATION & WORKOUT PACKET

Varsity Head Coach

Andy Fuehr

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*To be included on the "PN Boys Soccer" email list, please send me an email indicating that you want to be added.

Optional Summer Workouts

Days: Mon-Tue-Wed-Thur

Dates: July 9th to July 31st

Time: 6-7:30pm

Location: PN Soccer Complex

Optional Summer Team Camp

Dates: July 30th, August 1st & 3rd

Days: Mon-Wed-Fri

Times: Mon-Wed 10am-12pm (together) & Fri. is an all-day tournament (morning & afternoon group)

Cost: \$75 (make check out to "WMU Soccer") The check(s) will be collected prior to starting the camp

Location: Western Michigan University Soccer Complex

*All interested players are welcome to attend & will have to fill out a medical waiver that I will give out at workouts and email to players. This must be filled out to participate.

Note: Participation in optional workouts and camps does not guarantee a spot on the JV or Varsity soccer teams. Also, if you do not participate in the workouts or camp, you are still welcome to tryout for the JV and Varsity soccer team.

Tryouts

Dates: August 13,14, 15

Days: Mon-Tue-Wed

Time: 9am-12pm & 6-8pm

*All 3 days for JV and Varsity, Monday AM will be on the track for all athletes.

Physicals: To tryout a player must have a physical on file at the Northern Athletic Office or give me your form on the day of tryouts. Students may not participate in tryouts until a physical form has been filled out by a doctor after April 15, 2007. No physical = No participation

Fitness & Skill Goals

Players need to be working out on their own to increase their fitness and skill levels. Running long distance and sprints will help, along with juggling, dribbling, and passing. By putting in the work on your own, along with the summer workouts, you will come in ready to play at a high level

TEAM RULES

1. HAVE FUN
2. No excuses
3. No regrets
4. Play your hardest at all times
5. Put the team before yourself

TEAM GOALS

1. Division Champs
2. League Tournament Champs
3. District Champs
4. Regional Champs
5. STATE CHAMPS!