

2008 PORTAGE NORTHERN GIRLS SOCCER

Varsity Head Coach

Andy Fuehr

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*To be included on the "PN Girls Soccer" email list, please contact me at this address.

Optional Winter Workouts

Days: Monday thru Thursday

Dates: January 7 – February 28

Time: 3-4pm on Mon, Tue, & Thu, 4:30-5:30pm on Wed

Location: Doghouse and Igloo

Optional Saturday Training by WMU Women's and Men's Soccer Staff

Dates: 1-5, 1-12, 1-19, 1-26, 2-2

Time: 5:30-7pm

Location: Seelye Center (next to Waldo Stadium)

Cost: \$75 (make check out to "WMU Soccer")

**Space is limited to 12 players and we will sign up by seniority. I will email out the roster in the coming weeks, and players will need to fill out the medical waiver and get me the \$75 check by January 5th.*

Optional Team Camp

Dates: March 4th & 6th Tue/Thu, 5:30-7pm

*There will be two groups that train together on these dates and a **one-day tournament** for each group on

Saturday March 8th

Location:, Seelye Center

Cost: \$75 (check made out to "WMU Soccer")

**All interested players are welcome to attend. . I will email out the roster in the coming weeks, and players will need to fill out the medical waiver and get me the \$75 by March 4th.*

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 and encouraged to tryout for the JV and Varsity soccer team.

Tryouts

Days: Monday thru Thursday

Dates: March 10-13

Time: 4:30-6pm

Location: Soccerzone

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 I have a physical form filled out that is 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 winter workouts, you will come in ready to play at a high level. **Your effort determines our success!**

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!**