

# 2009 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 the above mentioned email address.

\*\*This handout and calendar are available on our website, which is <http://pnhsoccer.org/>, click on [PNHS Spring 2009 Women's Soccer](#) to access the information.

## **Optional Winter Workouts**

*Days:* Monday thru Thursday

*Dates:* January 5 – February 24

*Time:* 3:15-4:15pm on Monday & Thursday, 3:30-4:30pm on Tuesday, & 4:30-5:30pm on Wednesday

*Location:* Doghouse and Igloo (check the attached calendar for locations)

## **Optional Team Camp**

*Dates:* TBA, plan on the first week of March. There will be two weekdays of training and a weekend tournament.

\*There will be two groups that train together on the weekdays, and a one-day tournament for each group on either Saturday or Sunday.

*Location:* Seelye Center

*Cost:* TBA

\***All interested players are welcome to attend** & will have to fill out a medical waiver (the waiver is posted on the <http://pnhsoccer.org/> website, click on the [PNHS Spring 2009 Women's Soccer link](#).

*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**

*Days:* Monday thru Thursday

*Dates:* March 9-12

*Time:* 4:30-6pm

*Location:* TBA

*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 and all signatures are present.

**No physical = No participation**

## **Game Schedule:**

This is available on our team website, click on [2009 girls schedules on highschoolsports.net](#) at <http://pnhsoccer.org/>

## **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 optional 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!