

# **Girls Soccer 2017 Upcoming Season – Player Information Sheet**

## **\*\*NEW\*\* Conditioning Leading Up To Summer Practices**

All players are expected to arrive to our first practice in shape. We will have several evaluations to see your fitness level.

## **Summer Practices** Starting: **Wednesday, July 12th 2017**

**DAYS:** Wednesday, Friday | 7:00 am - 9:00 am

**NIGHTS:** Monday | 6:00 pm - 8:00 pm

Continues Until Preseason - Total Practices: 14

## **Preseason** Starting: **Monday, August 14th 2017**

7:00 am - 9:00 am | Monday, Tuesday, Wednesday, Thursday, Friday

Last Day of Preseason: Monday, Sept. 4<sup>th</sup> (Labor Day) - 16 Total Practices / Scrimmages

*\*Teacher In-Service Days: Aug 30<sup>h</sup> & 31<sup>st</sup> – Practice will be 6am – 8am (Unless Scrimmage is Scheduled)*

## **Stockton Tournament**

Saturday, **August 26th 2017** (All Day Event at Stockton College: **Varsity Only** – Will Need Parent Drivers)

## **Summer Scrimmages**

Scrimmage #1: August 22<sup>nd</sup> 2017 – EHT (Away) – Time TBD – VARSITY

Scrimmage #2: August 24<sup>th</sup> 2017 – ACIT (Away) – Time TBD – VARSITY/JV MIXED

Scrimmage #3: August 29<sup>th</sup> 2017 – BUENA (Away) – Time TBD – VARSITY /JV MIXED

Scrimmage #4: August 31<sup>st</sup> 2017 – OLMA (Home) – Time TBD - VARSITY

## **Once School Starts**

Team Will Practice Immediately after School Starting at 2:45 pm and finish by 5:00 pm.

If we have a game on Monday, we will practice in the morning the Sunday before.

Our updated game schedule is online at: [www.lcmrsoccer.com](http://www.lcmrsoccer.com)

## **Girls Soccer Website – [www.lcmrsoccer.com](http://www.lcmrsoccer.com)**

Website has a variety of information including announcements, roster, schedule, statistics, coaches, team rules, awards, pictures, videos, history, links, sponsors, attendance and contact information.

## **Get Text Updates – Parents & Players - REMIND**

On the [lcmrsoccer.com](http://lcmrsoccer.com) home page of the web site is a link “GET TEXT UPDATES – REMIND”. Please click on this to receive important soccer related announcements including: practice cancellations, schedule changes, events & other soccer related information. **This is required for all players to download and also recommended for all parents.**

## **Important Information**

**Can't Make A Practice** – Contact Coach Matthews using the soccer lcmr soccer web site contact form.

**What Do I Need For Practice** - Shin Guards, Running Sneakers, Soccer Cleats & Plenty of Water.

**Raining** - We will still practice unless notified by Coach Matthews (Sign Up For REMIND).

**Blue Cards / Physical** – You will not be allowed to participate in practice without your blue card / physical being processed and approved by our athletic director and sports trainer. (No Exceptions)

**Fundraising** – It is important for each player on the team to participate in our team fundraisers.

If you or your parents, have any questions, comments or concerns, please do not hesitate to contact:

**Head Coach: Brett Matthews**

School Phone: (609) 884-3475 Ext: 388 | Cell: (609) 408-3391 | Email: [matthewsb@lcmrschools.com](mailto:matthewsb@lcmrschools.com)