

## **Summer Workouts, Conditioning and Scrimmages**

*Bring ball, water and snack*

*All incoming freshman and new players are welcome and encouraged to attend*

### **Dates:**

Tuesday, June 15<sup>th</sup>: 5:30-7pm Training at Hermon Elementary School

Thursday, June 17<sup>th</sup>: 6:00pm game at Hampden Academy

Tuesday, June 22<sup>nd</sup>: 6:00pm game vs. Orono HS at Hermon Elementary

Wednesday, June 23<sup>rd</sup>: 6:00pm game at Bangor High School

Thursday, June 24<sup>th</sup>: 6:00pm game vs MCI at Hermon Elementary School

Tuesday, June 29<sup>th</sup>: 6:00pm game at Maine Central Institute

Tuesday, July 6<sup>th</sup>: Fitness Training with Kasey Danforth (Time TBA) at Hermon Elementary School

Thursday, July 8<sup>th</sup>: Fitness Training with Kasey Danforth (Time TBA) at Hermon Elementary School

Tuesday, July 13<sup>th</sup>: 6:00pm game vs Hampden Academy at Hermon Elementary School

Thursday, July 15<sup>th</sup>: 6:00pm game vs. Orono HS at Hermon Elementary School

Tuesday, July 20<sup>th</sup>: Training 5:30pm – 7:00pm at Hermon Elementary School

Thursday, July 22<sup>nd</sup>: Training 5:30pm – 7:00pm at Hermon Elementary School

Saturday, July 25<sup>th</sup>: Northern New England Challenge Cup Round Robin Play at Yarmouth High School (invite only)

Sunday, July 26<sup>th</sup>: Northern New England Challenge Cup Playoffs at Yarmouth High School (invite only)

Thursday, July 22<sup>nd</sup>: 6:00pm game vs. John Bapst HS at Hermon Elementary School

Wednesday, July 28<sup>th</sup>: 6:00pm game vs. Bangor HS at Hermon Elementary School

Thursday, July 29<sup>th</sup>: 6:00pm game vs. John Bapst HS at Hermon Elementary School

**Preseason Soccer:** Hands Free period is August 1 -15th. Tryouts for JV and Varsity teams begins on Monday, August 16th from 9:30am – 11:30am and 4:30pm-6:30pm. On Thursday morning teams will be divided into JV and Varsity and play in preseason game as JV and Varsity teams. Both teams will practice at the same time until school starts.

### **Saturday, August 28th: *Falmouth Tournament (Varsity only)***

Vs. Cape Elizabeth

Vs. Scarborough

Vs. Windham

It is important that players use the summer to work on their technical skills (ball work) and come into preseason fit and ready to play. A primary focus of our summer workouts will be fitness & conditioning along with technical work to help players be successful for the fall season. Each player will receive a conditioning program.

Head Soccer Coach: MJ Ball 991.8940 / mjball517@gmail.com

Assistant Soccer Coach:

