

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 15th: 5:30-7pm Training at Hermon Elementary School

Thursday, June 17th: 6:00pm game at Hampden Academy

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

Wednesday, June 23rd: 6:00pm game at Bangor High School

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

Tuesday, June 29th: 6:00pm game at Maine Central Institute

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

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

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

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

Tuesday, July 20th: 6:00pm game vs Brewer at Hermon Elementary School

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

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

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

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

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

Thursday, July 29th: 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

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