

Mens Soccer  
School Year 2012-2013

Dear Team,

It's time to start thinking about our next soccer season. We have a lot of players returning from a successful team, but there are also opportunities for new players to step up and join them. With this in mind, we have the potential to have a good year, but success is never guaranteed and a lot of teams will be gunning for us. Success will only come as a result of hard work and preparation, and a successful season will begin with preseason preparation.

With this in mind, you must continue to train this summer. We have seen that close games are most often won in the last 15 minutes of a match. A well-conditioned team can control the latter stages of the game. You will need to work on short burst speed and overall stamina. You can do this by running a minimum of three times/week with a combined speed/stamina workout. A good way to accomplish this is by "fartlek" training. This involves a distance run of sprint-jog-sprint-jog format. A good workout will consist of 2-miles (4 to 5km) with 30 seconds of a rapid pace (80-90% of a sprint) with 45-60 seconds of a slow recovery jog. This will provide a good stamina base. If you wish, you may add two workouts to your week, one consisting of a nice easy jog of 2-3 miles, and 1 consisting of a speed agility workout with 2-3 forty meter high knees, 2-3 forty meter ankle slaps, and 4 forty meter sprints.

The off-season is a time to improve individual skills. If you have a partner, work on passing and receiving skills. If you are on your own, find a brick wall and go to it. Pick up games will also help if they are available to you.

Our training rules are as follows: no alcohol, tobacco, drugs, or criminal activity. Violation of these rules will result in suspension from the team. If these rules cannot be abided, Saints Soccer is not for you. This is a team sport, which requires discipline and sacrifice for the whole of the team.

We will begin the season this year with a weeklong camp. Check in will be Sunday, August 5 at 4:00 p.m. If you cannot be there on Sunday, please let me know. We will begin with a team meeting and devotions Sunday evening.

Our first full practice will be Monday morning. We will be practicing with physical conditioning three times per day during camp week, with a morning practice focusing on individual conditioning, afternoon on skills, and evening practice focusing on team play. Additionally, we will be in the classroom daily with video training.

We do not supply soccer cleats and shin guards. Shin guards need to have a NOCSAE safety seal. You will also need a pair of running shoes to wear for morning conditioning training. Make sure you bring several changes of shorts, t-shirts and socks.

You will need to have had a physical examination prior to practice. No health form, no practice. This health form will also include a concussion form which needs to be signed by your parents. Also, financial arrangements must be cleared through the advancement office.

Both day and dorm students will eat and sleep on campus. Dorm students will be checking into their room for the year. Day students will be assigned a dorm room for the week and must provide their own linens. A fee is charged to help cover the costs of lodging and meals. The fee will be \$100.00. This must be taken care of before practice begins. Make your checks payable to Saint Paul Lutheran High School and enclose it with the information sheet.

Work hard this summer. Be in great condition when you arrive and the team will be ready to continue the momentum we built last season.

Yours in Christ,

Luther Schmidt  
Saint Paul's Lutheran High School  
660-463-2238 W  
660-463-8090 H

Return by August 3 if you intend to manage, or play soccer. We need to make accommodations as soon as possible.

Name \_\_\_\_\_

Hometown \_\_\_\_\_

Year in school \_\_\_\_\_

Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

Position \_\_\_\_\_

I intend to go out for soccer, but I cannot arrive until \_\_\_\_\_