

GHS Girls Summer Soccer Schedule

What (two parts):

- a) Summer soccer games, both inter-squad scrimmages and scrimmages against other schools.
- b) A summer conditioning program to prepare for the fall soccer preseason. A mixture of agility, endurance, and strength exercises. **This is your responsibility to make sure this happens.** Look at the *Gilford High School Soccer Summer Workout Packet* for descriptions for each workout.

Who: Any girl interested in playing soccer at GHS for the 2017 season. The games are *not mandatory*, but I expect that you will be doing the conditioning on your own. I understand that summer is a busy time for any person, especially for families. Any game you can make will be a great way for you to help prepare for the season, but again, YOU NEED TO BE DOING CONDITIONING ON YOUR OWN.

Where:

The games will be held either at the Gilford town field (behind the high school) or at the other team's location (see addresses below and schedule on next page).

Bow High School: 20 Bow Center Rd, Bow, NH 03304

Belmont High School: 255 Seavey Rd, Belmont, NH 03220

When:

Monday games (inter-squad scrimmage) start at 5:30 p.m. and games against other teams start at 6:00 p.m. They typically run an hour and a half to two hours. Please arrive about 30 minutes prior to games to stretch and warm-up. Conditioning happens on other days. See schedule on the next page.

Any questions you may have, please email me (Coach Raymond) at traymond@sau73.org or my phone number is (802) 782-7560.

GHS Girls Summer Soccer Schedule June-August 2017

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
OFF	Technical #3 Core #1	Plyometrics #1 1 Mile Run	Agility #2 Strength # 1 Core # 2	OFF	Sprint #1 10 Minute Jog	1.5 Mile Run Technical # 2
25	26	27	28	29	30	1(July)
OFF	Inter-Squad Scrimmage 5:30-7:00 p.m. Village Field OR Run 2 miles	1.5 Mile Run Plyometrics #3	Game H Pembroke 6 p.m. OR Run 2 miles	OFF	Strength #2 Plyometrics #2 Core #1	Agility #1 Strength #1
2	3	4	5	6	7	8
OFF	No Scrimmage 2 Mile Run Plyometrics #3	Independence Day OFF	No Scrimmage Run 2.5 Miles	Sprint #1 Core #2	Technical #1 Strength #1	Run 2.5 Miles
9	10	11	12	13	14	15
OFF	Inter-Squad Scrimmage 5:30-7:00 p.m. Village Field (No Raymond) OR Run 2 Miles Technical #1	2 Mile Run Technical #3	Game H Belmont 6 p.m. OR Run 2.5 Miles Core #2	OFF	Agility #2	Run 3 Miles
16	17	18	19	20	21	22
OFF	No Scrimmage Sprint #1 Strength #2	2.5 Mile Run Technical # 1	Game @ Bow 6 p.m. OR Sprint # 1	OFF	Technical # 2 Core #1	15 Minute Run with a Ball

Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
OFF	Inter-Squad Scrimmage 5:30-7:00 p.m. Village Field OR Run 3 Miles	2 Mile Run Plyometrics #1	Game @ Belmont 6 p.m. OR Sprint #1	OFF	Agility # 2 Strength #2 Core #1	Technical #2 Strength #1
30 OFF	31 Inter-Squad Scrimmage 5:30-7:00 p.m. Village Field (No Raymond) OR Run 3.5 Miles	1(August) 3 Mile Run Technical #1	2 Game H Concord 6 p.m. OR Run 3.5 Miles	3 OFF	4 Plyometrics #2 Agility #1 Core #1	5 Strength #1 Technical #3
6 OFF	7 4 Mile Run	8 Agility #2 Technical #1	9 Plyometrics #3 Core #2	10 OFF	11 3 Mile Run Strength #1	12 1.5 Mile Run Sprint #1 Technical #2
13 OFF	14 Preseason Starts 7:30-10:30 a.m.	15 Preseason 7:30-10:30 a.m.	16 Preseason 7:30-10:30 a.m. Fall Parent-Athlete meeting 6:00 pm	17 Preseason 7:30-10:30 a.m.	18 Preseason 7:30-10:30 a.m.	19 Laconia Jamboree 8:00 Bus @ 7:15 VARSITY ONLY

Reminder: If you cannot complete a workout on a certain day, please try and do it on an off day.

