

York Suburban Boys' Soccer 2009

Head Varsity Coach: Tony Kowalewski
Head JV Coach: Tom Shugars
Assistant Coach: John Fornadel

IMPORTANT Items and Dates:

****Physicals** Location – Orthopedic & Spine Specialist – 1855 Powder Mill Road, York, PA. There is no cost to YSHS student athletes.
Dates & Time – Wednesday June 3rd & Monday June 8th 6pm to 8pm
*Students may choose either date
** YOU MUST HAVE A PHYSICAL BY AUGUST 17TH to Participate

Team Camp August 10 thru 14 Conducted by UK Soccer @ York Suburban HS
*register on-line @ www.theblast.net
*all players and prospective players are encouraged to attend but not required

Summer workout & pick-up soccer

*all players and prospective players are encouraged to attend but not required
*All sessions are held on Sundays & Wednesdays between 6pm & 8:00 pm at York Suburban High School starting Sunday June 10th and ending on August 9th.

****FIRST MANDATORY PRACTICE & TRYOUTS**

MONDAY AUGUST 17, 2009 – 8AM TO 10AM @ York Suburban HS

All physical forms etc... must be turned in at this time in order to be eligible to participate

*The TRYOUT period is Monday August 17th thru Friday August 21st

*WEAR SHOES COMFORTABLE TO RUN IN – bring soccer cleats as well

**** The complete Pre-season practice schedule is attached.**

**** ALWAYS bring soccer cleats and running shoes – SHIN GUARDS ARE MANDATORY**

In-season practice schedule:

Daily at York Suburban High School - Time TBD

Preparation for pre-season camp:

Physical Conditioning:

Varsity caliber players should be able to run continuously for 30 to 40 minutes at a moderate pace

JV caliber players should be able to run continuously for 20 to 30 minutes at a moderate pace

Suggested training:

Running – gradually work up to running 5 out of 7 days at a comfortable pace
Increase the duration of the workouts by 5 minutes per week
Work in hills and sprint intervals of 100 to 200 yards on a weekly basis

Core Strength – abs, chest, and arms

sit-ups, crunches, – two sets of 25 reps 3 to 5 days per week
**work up to a minimum of 100 reps per session – multiple sets

leg lifts - three sets of 10 reps 3 to 5 days per week

push-ups – two sets of 15 reps 3 to 5 days per week
**work up to a minimum of 50 reps per session – multiple sets

weights – use free weights, universal machine, or dumbbells to work on arm, chest, and leg muscle groups if possible

*we will incorporate weight training into our daily training schedule

Fall 2009 Game Schedule – Varsity & JV schedules are attached

*Notes – Tournament on Saturday September 5th @ Red Lion. The tournament includes 2 games for both Varsity & JV squads.

**Labor Day practice – Monday September 7th 8am to 9:30am – mandatory for Varsity
- JV players are invited

First in-season game Tuesday September 8th - away at Kennard Dale HS

***Players must contact Coach K via phone or email if they are going to miss any practice or game on or after Monday August 17th. (phone – 515-4238) (email: yscoachk@comcast.net)