

August 2018

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
30	-Challenger Soccer Camp @ BSHS 9:00-12:00	31	Chalenger Soccer Camp 9:00-12:00 - Friendly @ West Perry Turf Field Warm-up 5:30, Game @ 6:00	1	-Challenger Soccer Camp @ BSHS 9:00-12:00	2	-Challenger Soccer Camp @ BSHS 9:00-12:00 - Practice 5:00-7:00 @BSHS	3	-Challenger Soccer Camp @ BSHS 9:00-12:00	4	
6	No Practice	7	No Practice	8	No Practice	9	No Practice	10	Parents Meeting 6:00 in HS Health Room	11	
13	Preseason Training 8:30-3:30	14	Preseason Training 8:30-11:30	15	Preseason Training 8:30-3:30	16	Preseason Training 8:30-11:30	17	Preseason: 1:00-4:00 4:15-5:00 Picture Day 5:00-9:00 Team Dinner and Teambuilding	18	
20	Scrimmage AWAY East Penn 2:00 Bus leaves 2:15 V-4:00 JV-5:30	21	Practice 3:00-5:15	22	Practice 3:00-5:15	23	Practice 3:00-5:15	24	Practice 3:00-5:15	25	
27	Practice 3:00-5:15	28	Practice 3:00-5:15	29	Practice 3:00-5:15	30	Practice 3:00-5:15	31	Practice 3:00-5:15	1	Backyard Brawl Tournament @ BSHS (9:00-5:00)

Hydration and Sleep: Athletes should be intentional about both sleep and hydration. Players should not wait until they are thirsty, then that you are already dehydrated. It is very important to keep your body hydrated every day, but it's critical to drink extra water two days before an intense workout to maximize performance and minimize cramps. If you haven't already, get into the habit of carrying a water bottle with you. Remember, you cannot properly hydrate 1-3 hours before your game. Water is best for hydration prior to an event that should be true. It can be useful after very intense workouts and games. If you've been working out and sweating profusely for over 60 minutes, drink a sports beverage should be part of your routine.

Sleep: High School athletes need to get regular sleep of about 7-9 hours per night. Just like hydration the most important times are during our games and intense workouts.

Notes for the Week:

Make sure you are conditioned well at this point. Preseason camp is not the time to be getting into shape.

This week is still about preparation. Prepare your body hydrate well, get into a regular sleeping schedule.

If you don't have time to do it right, when will you have time to do it over? ~Henry Ford

In order to ACHIEVE we must first BELIEVE that we can.
~Nikos Kazantzakis

T ogether
E veryone
A chieves
M ore

What's your body's signal telling you
days before your game or an
so you can drink frequently.
The staple drink, but sports drinks
need an electrolyte-replacement
the two days (48 hours) prior to

September 2018

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1	Backyard Brawl Tournament @ BSHS (9:00-5:00)
3	NO SCHOOL NO PRACTICE enjoy time with family.	4	<u>Away @ James Buchanan JV 5:00 V 6:30</u>	5	Practice 3:00-5:15	6	<u>Away @ Ship. (Memorial Park) JV 5:00 V 6:30</u>	7	Practice 3:00-5:15	8	Home vs. Greencastle V 10:00 JV 11:30
10	Practice 3:00-5:15	11	Practice 3:00-5:15	12	Practice 3:00-5:15	13	<u>Home vs Northern York JV 4:00 V 5:30</u>	14	Practice 3:00-5:15	15	
17	Practice 3:00-5:15	18	Home vs Boiling Springs V-4:00 JV-5:30	19	Practice 3:00-5:15	20	<u>Away @ Waynesboro JV-5:00 V- 6:30</u>	21	Practice 3:00-5:15	22	<u>Away @ Mifflin County V 11:00 JV 12:30</u>
24	Practice 3:00-5:15	25	Stadium Home vs James Buchanan JV 5:00 V 6:30	26	Practice 3:00-5:15	27	Home ***Stadium*** vs. Ship JV 5:00 V 6:30	28	Practice 3:00-5:15	29	

- Soccer is physically demanding, but it can also help you become more effective with your time. Here are some tips for balancing school and sports:
1. Get organized and stay organized- write down due dates of assignments and practice and games.
 2. Manage your time- plan each week, look at your planner at the beginning of each week, and see if you can work ahead in an (plan your week, don't let your week plan you)
 3. Use the weekends and any "free time" wisely- if you have a few extra minutes waiting, you can start to study or read.
 4. Communicate- If you are falling behind in a class communicate with your coach, your parents and your teachers. Let them know you are important and you desire to do better.

Notes for the Week:

The only thing worse than being blind is having sight but no vision.
~Helen Keller

It always seems impossible until it is done. Nelsen Mandela

Good players inspire themselves
great players inspire others
~Unknown

It is hard to beat a person who never gives up. Babe Ruth

ports and school.

y classes, do not procrastinate.

now your academic success is

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Away @ Biglerville JV 5:30 V 7:00	2 <u>Away @ Greencastle JV 5:00 V 6:30</u>	3 Practice 3:00-5:15	4 Home vs. Fannet-Metal V 4:00 JV 5:30	5 Practice 3:00-5:15	6
8 Home vs Eastern York V 4:00 JV 5:30	9 <u>Away Northern JV 5:00 V 6:30</u>	10 Practice 3:00-5:15	11 Away vs Boiling Springs JV 5:00 V 6:30	12 Practice 3:00-5:15	13
15 Practice 3:00-5:15	16 Senior Night: in STADIUM vs Waynesboro JV 5:30 V 7:00	17	18	19	20
22	23	24	25	26	27
29	31				

During the offseason it is important to stay in good soccer shape. Keep exercising, doing cardio-vascular exercise weekly so that you and you are ready for next season. Keep getting touches on a soccer ball, practice dribbling in your yard, dribbling between two objects, ball against a wall that your parents are ok with you kicking against, or juggle, play soccer golf the important thing is that you are touching the ball during the offseason. Get out and play with your friends, call them up and see if they want to play some soccer. Finally, great teams come to be a major focus for next year. We need to play together in the offseason if we want to continue to develop and grow as a team.

Thank you for a great season.

Notes for the Week:

If you want to go fast go alone, if you want to go far GO TOGETHER. ~African Proverb

Perform at your best when your best is required, your best is required each day.
~John Wooden

I hope our season continues, playoffs begin November 7th.

We will have a end of the year banquet and awards ceremony. and will also participate in the LBJ parade.

ou are keeping your heart healthy, jects. Play wall ball, kicking the rching a soccer ball in the ogether in the offseason. This will