

# Indiana High School Girls Soccer Summer Schedule

Head Coach: Courtney M. Thompson

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Assistant Coach: James Thompson

For individual conditioning and fitness workouts, as well as individual skill guides, refer to the summer packets. (Information can be found online at the Indiana County Football Club's website.) **Train right in the off season for optimal success during the season.**

## Monday Evening Girls Pick-Up Soccer

Beginning June 14<sup>th</sup> and ending August 9<sup>th</sup> (Except for July 5<sup>th</sup>)

Time: 6:30 pm – 8:00 pm.

IHS grass soccer field. Bring cleats and shin guards.

## Wednesday Evening 4 V. 4 League

I registered a 4v.4 team for the IHS girls' team: it is a great opportunity to come and play two forty minute small sided games.

Beginning May 19<sup>th</sup> and ending July 28<sup>th</sup>

Time: 6:00 pm- 8:00 pm.

S&T Arena Soccer fields.

## Thursday Morning Conditioning

Meet at the IHS track at 8am for fitness and conditioning session. After conditioning, there will be a skills session as well. We will conclude by 10 am.

## Summer Soccer Camp

Clarion University, Girls' Team Camp: July 26<sup>th</sup>-30<sup>th</sup>.

Cost is \$250, but if two or more players from the same family attend, discounted rates of 10% are available.

*See Chelsea Miller for a brochure/registration. Registrations are due **SOON**, so get them in!*

## Car Wash Fundraiser

Tentatively, we plan to hold our annual car wash fundraiser the week following team camp, the week of August 1<sup>st</sup>-7<sup>th</sup>, at Wal\*Mart.

\*\*\*Note: None of the sessions are mandatory. The summer program is designed to keep fit and train properly for the upcoming season.