



Shaker High School FRESHMAN Girls Soccer 2011

Freshman Girls Head Coach - Michael Brehm

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“ONE HEART-BEAT”

I am very excited about our upcoming season and can't wait to get started. We (Shaker Soccer Program) are on the brink of creating a soccer powerhouse here in Section II and beyond (STATES).

We begin our tryouts [Monday August 22nd @ 10am behind Shaker Jr High School](#). I am asking that all of you come to tryouts **in shape!** I hope that the conditioning part will be done and we can work on tactics and skills. Most of our try-outs will either be at 10am or 5pm up until school begins. I will inform the athletes if anything is going to change at each practice. There will be a few double sessions where we will run in the AM @ 7:00am and then practice later in the day. After running we will do shooting and skills - juggling for 20-30 minutes usually.

PLEASE NOTE:

In order to be in proper shape ----Starting ON Thursdays July 7th to August 18thwe will have “FUN” runs and Pick up Games and Drills at the Latham Circle Soccer Club behind Guptills,

Starting JULY 17th at 7:00 pm – EVERY SUNDAY NIGHT we will have fun runs and free play or drills as well which will end on AUGUST 15th. IF you ever have questions, please feel free to call me or one of the seniors.

TRYOUTS:

Please remember to bring: plenty of water – cleats (that are broken in) – shin guards – running sneakers – ball – rain gear to EVERY PRACTICE. WE WILL PRACTICE RAIN OR SHINE. As mentioned in our soccer meeting make sure all of you are cleared to tryout prior to August 22nd.

I can't wait to continue the excellence that the SUBURBAN council expects from SHAKER FRESHMAN soccer ---- LETS get started NOW by being in shape and getting healthy. If you have injuries ----- get healthy now! HOPE YOU ALL HAVE A GREAT SUMMER! ☺

GO BISON! FEAR THE BISON!

Coach Brehm