

Attached is the summer workout schedule for Hillsboro Girls Soccer. Open fields and conditioning will take place at Liberty Park. Weight room workouts will take place in the Hillsboro City Schools weightlifting facility (The Barnhouse). Please bring water with you to each workout. Attendance is voluntary until August 1<sup>st</sup>, at which point attendance becomes mandatory. Tryouts beginning August 1<sup>st</sup> will take place at Hillsboro High School practice field. Summer weather is somewhat unpredictable, so open fields and conditioning are at the mercy of Mother Nature. If you need do not hear from me, they are still on as scheduled. Please do not blow my phone up with dozens of text messages during the day. If it is cancelled, I will text and/or post on social media.

We are also attending two summer tournaments, the Valerie Cute in Fairborn and the Little Miami Pre-Season Soccer Tournament. As it stands I will only be taking one team to each tournament and players are expected to let me know as soon as possible if they wish to attend. Once signed up, I will expect players to attend, as I may turn other players away once a certain number of players has been reached, probably around 16-17. Returning varsity players will be given preference, (I WOULD LIKE TO SEE MORE INVOLVEMENT FROM RETURNING VARSITY PLAYERS AT THESE SUMMER TOURNAMENTS) and after that returning players from either team last year will be given preference, on a first come first served basis. If I still need players after that I will open it up to new players on a first come first served basis. There is a fee associated with each tournament, usually around \$25.00 per player. Also, if attending a summer tournament, players will be expected to purchase matching red and white shirts, which are around \$15.00 total.

While attendance at summer workouts is voluntary, **it is highly recommended**. Last year we lost by one goal in the District Semis and I would like to exceed that this season, and I believe we can. Summer workouts/open fields are an opportunity for returning players to get into game shape PRIOR to the start of the regular season, but only if returning players are present can this be accomplished. The best VARSITY TEAMS in the fall are usually putting in the most work in the summer. It provides a chance to meet teammates in an informal setting, strengthen your body to prevent injury and work yourself into soccer shape. You must take advantage of these opportunities to give yourself the best possible outcome for tryouts and a successful season as a varsity team. Players who are not in shape during tryouts, find themselves at an extreme disadvantage. Varsity teams that have not developed cohesiveness during the summer, find themselves at an extreme disadvantage during the regular season. **Attendance at any summer workout/tournament does not guarantee a roster spot on either team; it only provides an opportunity to increase your physical conditioning and soccer skills.**

I look forward to a fun and productive summer as we prepare for the upcoming season.

Thanks,

Jeremy Ratcliff

# JUN 2017

## Hillsboro Lady Indians Soccer Pre-Season Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
28 Day 148	29 Day 149	30 Day 150	31 Day 151	01 Week 22 Day 152	02 Day 153	03 Day 154
	Weightroom 6:00-7:00	Open Fields 6-7:30	Weightroom 6:00-7:00			
04 Week 23 Day 155	05 Day 156	06 Day 157	07 Day 158	08 Day 159	09 Day 160	10 Day 161
	Weightroom 6:00-7:00	Open Fields 6-7:30	Weightroom 6:00-7:00			
11 Week 24 Day 162	12 Day 163	13 Day 164	14 Day 165	15 Day 166	16 Day 167	17 Day 168
	Weightroom 6:00-7:00	Open Fields 6-7:30	Weightroom 6:00-7:00			
18 Week 25 Day 169	19 Day 170	20 Day 171	21 Day 172	22 Day 173	23 Day 174	24 Day 175
	Weightroom 6:00-7:00	Open Fields 6-7:30	Weightroom 6:00-7:00			
25 Week 26 Day 176	26 Day 177	27 Day 178	28 Day 179	29 Day 180	30 Day 181	01 Day 182
	Weightroom 6:00-7:00	Open Fields 6-7:30	Weightroom 6:00-7:00			
02 Week 27 Day 183	03 Day 184	NOTES				

OPEN FIELDS

WILL BE HELD AT LIBERTY PARK

WEIGHTROOM WORKOUTS

WILL BE HELD AT THE BARNHOUSE

