

Timothy Christian Schools
2010 High School Soccer Program Players Meeting
5.19.10



Agenda:

- Summer Activities:
 - Summer League: T/Th nights for 5 weeks beginning June 15th
 - You need to have a parent fill in and return the “hold harmless” form
 - Cost for league/t-shirt, etc.: \$70/player
 - Make checks out to “Rudi Gesch”
 - Schedule to be distributed a week before the games start (they always take forever)
 - “Open Fields” on Wednesday nights will be discussed with team captains. Due to IHSA rules, this has to be a TEAM-led initiative, not an official program lead by a coach.
 - Summer Camp:
 - All high school players are expected to attend
 - July 5-9, 8:00-11:00
 - Cost: \$90
 - Fitness
 - Mandatory fitness program to be distributed
 - “The One Sheet”
 - Blog fitness results
 - Captain accountability
 - <http://tcssoccerfitness.blogspot.com>
 - Training camp goal:
 - Every varsity player runs a sub 6:00 mile
 - Every varsity player runs a sub 12:00 2 mile
 - Tryout/training camp:
 - August 11, 12, 13
 - 2-a-days
 - 8:00-10:15 AM- primarily fitness
 - 6:30-8:00 PM- primarily game skills
 - Cuts- if necessary- made on Friday
 - Week of 2-a-day practices:
 - August 16-20
 - Varsity Trip to Wisconsin
 - August 20 and 21
- Current 2010 Season Game Schedule