

Men's Soccer
School Year 2017-2018



Dear Saints,

It's time to start thinking about our next soccer season. Last year was an awesome season for us, which means we will have a giant target on our backs this year. We can continue on with team success, but only if we work hard in preparation, rather than rest on our laurels. We will face a very tough schedule again next season. Continued success will only come as a result of hard work and preparation, and a successful season will begin with preseason preparation. We will have some good players to replace, but I believe we have the young men talented enough to step in if they are prepared.

I would encourage you to train this summer. We have seen that close games are won or lost in the last 15 minutes. This would mean getting out and running 4 days/week.

The off-season is a time to improve individual skills. If you have a partner, work on passing and receiving skills. If you are on your own, find a brick wall and go to it. Pick up games will also help if they are available to you. Again this summer we will attempt to get together one night a week for a kick around. If you will be in the area check on those times. If you are around let me know, I will contact those that can play with details as they become available.

Our training rules are as follows: no alcohol, tobacco, drugs, or criminal activity. Violation of these rules will result in suspension from the team. If these rules cannot be abided, Saints Soccer is not for you. This is a team sport, which requires discipline and sacrifice for the whole of the team.

This year camp will be run similar to last year. We will be having one a day practices the week of July 31 to August 4, followed by a more traditional camp schedule with two practices per day the following week. If you cannot be there for these, please let me know. Keep in mind you need to have 14 practices prior to our 1st match to play.

We do not supply soccer cleats and shin guards. Shin guards need to have a NOCSAE safety seal. You will also need a pair of running shoes to wear for morning conditioning training. Make sure you bring several changes of shorts, t-shirts and socks.

You will need to have had a physical examination prior to practice (MSHSAA Pre-Participation Physical Evaluation Form). The SPLHS Domestic Medical Questionnaire or SPLHS International Medical Questionnaire must also be on file. No health forms, no practice. Please read the NFHS Guide to Concussion also. Financial arrangements must be cleared through the advancement office.

Luther Schmidt
Saint Paul Lutheran High School
660-463-2238 W
660-463-8090 H

Return by August 3 if you intend to manage, or play soccer. We need to make accommodations as soon as possible.

Name _____

Hometown _____

Year in School _____

Ht. _____ Wt. _____

Position _____

I intend to go out for soccer, but I cannot arrive until _____