

Dear Team,

I look forward to having you all here in the fall and I expect us to improve on progress made last year. In order to accomplish that, the team will be best served if each member can put in some work over the summer to prepare for the season.

I asked each player to submit goals for the summer. These consisted of a **fitness** goal, **technical** (soccer skills) goal, and a **soccer knowledge** goal. If you have not yet done this, please submit those to me.

Over the summer, I am going to keep in touch with players through an app called BAND. **If you have not joined our group, send me a text or email and I will send you a link to get you access.** We will use the app to keep in touch, share progress, organize some get togethers, and stay engaged in the game. If you are interested in playing, please reach out as soon as possible so we can get you engaged with the team.

This past year had a wild start to the season with COVID, so hopefully we can start the year on a better note.

Practices will begin on Monday, August 9th at 7:30am. We will practice at that time each day that week, as well as the next once school starts. During that first week, we will also have some afternoon or evening meetings and/or team time. I would also like to have a parent meeting sometime in that first week as well. A more detailed schedule will be sent out later in the summer.

Make sure to have your paperwork completed before coming for practices in the fall. You will not be allowed to practice if you do not have a **physical on file in the office and all enrollment paperwork completed in Saints Central (Blackbaud).**

Players need to provide their own **cleats, shin guards, and soccer socks** (a white pair and a royal blue pair). Bring your own water for practices. You will also need a pair of street running shoes for some conditioning sessions.

If you have any questions throughout the summer, please reach out to me! I will be happy to help. Reach out early so I can get you into our BAND group and get you up to speed with the rest of the squad.

Blessings on the rest of your summer!

In Christ,

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