

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. Getting some fitness in before we start in August is highly recommended. Ideally this would be 30-40 minutes of running a few times a week with some speed work mixed in now and then, as well.

To get in touch over the summer, please join the team's group on Remind. This is a messaging/text-blasting app designed for schools. To join, text **@spscrr22** to the number **81010**, or you can download the Remind app and use the code **@spscrr22** to join the group. This is how I will send out information about some kick-arounds that we will begin in July.

Practices will begin on Monday, August 8th at 8:00am. We will practice at that time each day that week, including Saturday. During that first week of classes, we will have a morning workout on Monday and Wednesday, with practice after school each day.

Local athletes will be allowed to stay at home the first week of camp. Local athletes will need to make prior arrangements with the Business Office if they wish to eat meals in the dining hall. The cost for any meal in the dining hall for local students will be \$6.00 per meal.

Dorm athletes will need to live in the dorm for the first week of camp (unless staying with a host family). Cost for the dorm athletes for the one week will be \$95 which includes 3 meals each day.

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.**

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 if you have any issues joining the Remind group.

Blessings on the rest of your summer!

In Christ,

J.T. Toensing

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