



**Men's Soccer**  
2020-2021

Dear Team,

It's time to start thinking about our next soccer season. In order to have the success we have had in the past, we need to put in some work before the season starts. We have a challenging schedule ahead of us and need to hit the ground running upon the start of the school year in August.

I encourage you to train this summer. A close game can be won or lost in the last 15 minutes of a match. A well-conditioned team can control the latter stages of the game. Work on short burst speed and overall stamina by running a minimum of three times per week with a combined speed/stamina workout. A good way to accomplish this is by "fartlek" training. This involves a distance run of a sprint-jog-sprint-jog format. A good workout will consist of 2 miles (4 to 5 km) with 30 seconds of a rapid pace (80-90% of a sprint) with 45-60 seconds of slow recovery jog. If you wish, you may add two workouts to your week, one consisting of a nice easy jog of 2-3 miles, and one consisting of a speed agility workout with 2-3 forty meter high knees, 2-3 forty meter lateral shuffles, and 4 forty meter sprints.

I plan on organizing a group on a fitness app where we can track and see each other's workouts. Send me an email to get access to the group.

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 pass with it. If you are in the area, we will attempt to get together one night a week for a kick around. We will also try to play in the jamboree at Chillicothe in July again.

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 you cannot abide by these rules, Saints Soccer is not for you. This is a team sport, which requires discipline and sacrifice for the whole of the team.

The week of August 10-14 there will be one practice each day. Classes begin the next week with half days of classes, so we will have opportunity for morning and afternoon sessions. A more detailed schedule will be shared later.

Athletes may stay with family/friends locally or in the dorm the first week of camp. The cost for this will be \$100 to cover food/boarding costs.

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

You will need to have completed the MSHSAA Pre-Participation Physical Evaluation Form, completed the MSHSAA Pre-Participation Documentation – Annual Requirement Form, completed enrollment on Blackbaud and turned in your Immunization Record and a copy of your health insurance card. No health forms, no practice. Also, a signed contract must be on file in the advancement office.

Work hard over the summer so our team can arrive and be ready to continue to succeed.

Yours in Christ,

J.T. Toensing, Head Coach  
Saint Paul Lutheran High School  
[jtoensing@splhs.org](mailto:jtoensing@splhs.org)

Return by August 1st if you intend to play or manage soccer. We need to make accommodations as soon as possible.

Name \_\_\_\_\_

Hometown \_\_\_\_\_

Year in School \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Position \_\_\_\_\_

I intend to play, but cannot arrive until \_\_\_\_\_

