

Marshfield HS Girls Soccer 2017 Season Program

Dear Returning and Incoming MHS Soccer Players,

I am very excited and eager to begin working with all of you. My expectations for the Girl's Soccer Program are very high this year. I am committed to do everything in my power to bring the best out of each player. I will educate and hopefully inspire players to positively impact their team the best they can. The core values of our Girl's Soccer Program will be hard work, respect, and teamwork. In order to be successful, players must be fully committed to these principals. Girls should be excited to play with their team and proud to be representing Marshfield. Good attitudes and strong effort will make this possible.

Thank you for your interest and support of MHS Soccer. Take care, stay healthy, and train hard.

Pio

Summer Training

Beginning June 20, we will have optional training sessions twice per week at MHS fields. We will meet Tuesday/Thursday from 4-6pm. Starting July 1st, we will have optional training sessions three times per week. We will meet Monday/Wednesday/Friday 4-6pm at MHS fields. Players must bring cleats/shin guards and runners to every session. Attendance is not required, but is highly recommended. These sessions will get you more comfortable with the group and me as your coach. We will use this time to train with the ball and work on fitness.

7/23-7/29: Moratorium week. No practice or play on MHS fields. No coaches working with Students/Athletes.

Mandatory Practice will run for two weeks beginning Monday August 14th. Before players are allowed to participate in Mandatory Practice they must complete a physical exam. Players must hand in their Gold Card to me on the first day of practice. If I do not receive this, you will not be allowed to participate.

HERE IS THE MANDATORY PRACTICE SCHEDULE

Week 1: Aug 14-18 at Pete Susick Stadium
Monday-Friday 4:00-7:00 PM

Week 2 : Aug 21-25 at Golden Field
Monday-Friday 4:00-7:00PM

SEASON COMMITMENT

On non-game days, our training schedule will be as follows.

3:45 - 4:15 Discussion / Dynamic Stretching

4:15 - 5:00 Technical Session

5:00 - 6:00 Small Sided Games / Games

Coach Pio 541-294-0760

figueroapio@yahoo.com