



SANDY SPRING FRIENDS SCHOOL ATHLETICS

2019 Fall Sports Summer Training and Preseason



Women's Varsity Soccer:

Tobi Goss: Tobi.Goss@ssfs.org

Summer Training: Wednesdays 6:00-7:30pm

Wed: 7/17, 7/24, 7/31, 8/7

Preseason Practice:

Mon. 8/19 (4:00-5:30pm) – Fri. 8/23 (rest of times TBD)

Mon. 8/26 – Fri. 8/30: Practice Time TBD (Coach will confirm)

Preseason Scrimmages:

TBD (Coach will email dates once confirmed)

Men's Varsity Soccer:

Jeff Rohrman: Jeffrey.Rohrman@ssfs.org

Summer Training: Thursdays 6:00-8:00pm

Wed: 7/11, 7/18, 7/25, 8/1, 8/8, 8/15

Preseason Practice:

Thur. 8/22, Sat. 8/24, Mon. 8/26 – Thurs. 8/29: Practice 9-11am

Preseason Scrimmages:

Fri. 8/23: Scrimmage vs. Glenelg Country 10:00am

Tues. 8/27: Possible scrimmage (Coach will confirm)



Women's Varsity Volleyball:

Rose Smith: rosesmith25@aol.com

Summer Training: Wednesdays 6:00-8:00pm

Wed. 7/17, 7/24, 7/31, 8/7, 8/14

Preseason Practice:

Monday 8/19 – Friday 8/23 (4:30-6:00pm)

Monday 8/26 – Friday 8/30 (4:30-6:00pm)

Preseason Scrimmages:

TBD (Coach will email dates once confirmed)



Varsity Cross Country:

Leah Niepold: Leah.Niepold@ssfs.org

Summer Training: click link below

[Summer Training Calendar](#)

Preseason Practice:

Monday 8/19 – Friday 8/23 (3:45-6:00pm)

Monday 8/26 – Friday 8/20 (3:45-6:00)



***EACH COACH WILL BE SENDING THEIR OWN CORRESPONDANCE TO THOSE SIGNED UP.
PLEASE CONTACT THE COACHES DIRECTLY FOR SPECIFIC QUESTIONS OR INFORMATION***