

# BHHS Girls Soccer

## Preseason Training Opportunities



### **Aaron Byrd - Next Level Training--**

Where: Lahser Fieldhouse, Lahser Rd. (Old Lahser High)

When: Fridays from 3-4:30PM

January 10, 17, 24, 31 and February 7, 14, 21, 28

Cost: \$175

**\*Must have 12 athletes commit and pay for this program to take place at this cost.**

### **Oakland Yard Winter Team for Freshmen and Sophomores--**

Where: Oakland Yard Athletics, 5328 Highland Rd, Waterford Twp.

When: Weekly on Saturday/Sunday

Sessions goes from Nov. 23-March 8 (Schedule coming soon)

Cost: \$135

**\*Need at least 18 athletes to field a team.**

### **CycleBar Classes--**

Where: CycleBar Studio, 2125 S Telegraph Road, Bloomfield Hills

When: Tuesdays from 4-4:45pm

January 7, 14, 21, 28 and February 4, 11, 18, 25

Cost: \$80

**\*Must have 20 athletes for this program to take place.**

### **Strength and Conditioning Sessions with Patrick Adams--**

Where: BHHS Weight Room

When: Wednesdays from 5-6pm on Jan. 22, 29 and Feb. 5, 12, 19, 26

Cost: Free to all athletes. Program is paid for by Girls' Soccer Boosters.

### **Small Group Training Sessions--**

More info. to come - free to all athletes.

### **Save the date: BHHS Girls' Soccer 2020 tryouts--**

March 9, 10, and 11 @ Ultimate Soccer Arenas (3-5PM)

March 12<sup>th</sup> - Varsity scrimmage @ Ultimate