

To current SSA soccer players and prospective players:

I hope that you are all healthy and safe and getting prepared for our upcoming 2020 soccer season! We will be competing in a new class (AA) and section this season, and we will look to build on the hard work and success from last year. In order to prepare for the conditioning and practice sessions during preseason, it is important that you take some time this summer to condition and arrive healthy and in shape. This includes running, speed work, core work, push-ups, and ball work. Whether you are participating in the conditioning sessions on campus, or working out on your own, please remember to stretch properly, hydrate, and eat healthy prior to and after your workouts.

As of now, preseason is scheduled to begin on Monday, August 17; we will continue to follow the health and safety guidelines established by our SSA athletic trainers and the PIAA and WPIAL. **During the first week of preseason, we will have one training session each day from 8:00 AM- 11:00 AM.** On the first day of preseason, please meet on the track next to the turf at 8:00 AM for the fitness test and bring sneakers in addition to your soccer cleats. We will warm-up prior to the fitness testing, and each player is expected to run one mile (4 laps around the track) in under 7:10. On Monday, 8/24 we have our first scrimmage (see below), and on Tuesday, 8/25 practice will be from 8:00 AM-11:00 AM; on Wednesday, 8/26, Thursday, 8/27, and Friday, 8/28 practice will be held in the afternoon after faculty meetings.

The following two scrimmages are scheduled:

- * Monday, 8/24 away against Avonworth at 6:00 PM
- * Thursday, 8/27 home against Springdale at 4:00 PM

You should have received an email from me several weeks ago about the school's procedures for our Fall Sports team workouts; you can also access this information on our website at: <https://www.shadysideacademy.org/coronavirus>

Please remember to have all of your medical forms submitted online prior to the first day of preseason, as you will not be allowed to practice if these forms are not complete. You are also expected to come prepared each day with shin guards, soccer cleats, running sneakers, and your own water bottle. Please let me know if you have a conflict with any of the preseason practice sessions. Information about boarding for preseason will be sent out near the end of July. If you have any questions, please email me at mlynch@shadysideacademy.org

We are looking forward to another exciting and competitive season for SSA girls' soccer!

Sincerely,

Mary Bushnell Lynch
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Senior School English Teacher
Shady Side Academy