

To current SSA soccer players and prospective players:

I hope that you are all well and getting excited for our upcoming 2021 soccer season! 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 optional 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.

Preseason is scheduled to begin on Monday, August 16. 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 test, and each player is expected to run one mile (4 laps around the track) in under 7:10. Here are the practice times for the second week of preseason:

- * Monday, 8/23- practice is from 8:00 AM-11:00 AM
- * Tuesday, 8/24- scrimmage home against Springdale at 4:00 PM
- * Wednesday, 8/25- practice is in the afternoon after faculty meetings (time TBD)
- * Thursday, 8/26- scrimmage away against Avonworth at 6:30 PM
- * Friday, 8/27- practice is in the afternoon after faculty meetings (time TBD)

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. 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
Head Girls' Soccer Coach
Senior School English Teacher
Shady Side Academy