



Lakeland Boys Summer Soccer Schedule 2023



Weights- M, T, W, Th 8:00-9:00 am in the Lakeland High Weight Room. All summer long starting **June 12th**. For us to compete we need to get bigger, stronger and faster! Make this a priority! I will often be there.

Soccer Free Play- Tuesdays and Thursdays 9:30-10-30. Starts **June 13th** and goes through all of July (after weights in the morning).

June 20-24th- Rathdrum Parks and Rec Camp: Looking for volunteers to help out at either the morning session from 8-11 or afternoon session from 1-5. Those who volunteer to help out will not have to pay the high school camp fee. Contact me if you are interested in helping out. It also looks good on a resume!

June 26th-29th- Lakeland High School Boys Soccer Camp. M-Thur (Weights 8:00-9:30), Camp 9:30-11:00, 5-6:30/7 pm. Cost: Free if you help with the park and rec camp or sell 5 car raffle tickets (I will be handing out the raffle tickets at camp). Everyone at the camp will receive a Lakeland Soccer dri-fit t-shirt.

August 7th-11th Tryouts-

Times: Monday-Friday 8:00am-10:00am and 5:00pm-7:00pm (we will probably just go in the morning on Friday)

Place: Rotary Soccer Fields (Next the Lakeland Middle School)

You must practice at least 10 times before you can play in your first game (Double days just count as one practice). If you cannot make tryouts for some reason, please contact me. You can not try out unless all of your paperwork is in!!! **Freshmen and Juniors need physicals and to take the Impact Test!** *Any students with two or more F's from the previous year are not eligible to play!! You may want to look into summer school if this applies to you.

Come to tryouts prepared with cleats, ball, shin-guards, and lots of water. Also bring some running shoes. We will be doing a lot of running and fitness testing the first week of tryouts. Your goal is to run a mile in under 6 minutes and run two miles under 12 minutes. Work your way up to five miles. For those that do not make the time, you may be doing extra running until you do. You must attend both sessions!! Work is not an excuse for missing practice/tryouts. **Be on time!** If practice starts at 8 that means we are doing our warm-up jog at 8. Plan on being there at least 10-15 minutes before to get your gear on.

Practices: (after tryouts) 5-7 pm until school starts, once school starts 2:30-4:00 pm.

Game Schedule: Our current game schedule can be found here (subject to change).

<https://lhs.sd272.org/athletics/mens-soccer>

Join our Lakeland Soccer Remind Group. Text: **@hek67e4** to the number: **81010**

If you have any questions please feel free to contact me nhaynes@lakeland272.org