



Lakeland Boys Summer Soccer Schedule 2025

Soccer Practices/Free Play- Tuesdays and Thursdays 8-9:30 am at the Rotary field (behind the Jr. High) Starts **June 10th** and goes through July.

July 7th- 10th Lakeland Youth Soccer camp 8-10 am grades 4-8th (asking the high school players to help out with the camp in the morning and then attend the HS camp at night)

July 7th-10th- Lakeland High School Boys Soccer Camp. Monday-Thursday 5-7 pm (free)

August 11-15 Tryouts-

Times: Monday-Friday 8:00 am-10:00 am and 5:00 pm-7:00 pm Place: Rotary Soccer Fields (Next to the Lakeland Middle School) You must practice at least 10 times before playing in your first game (Double days just count as one practice). If you cannot make the 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. Here is a link to the paperwork. <u>https://lbs.sd272.org/athletics</u>

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 in 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 who 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.

Jamboree v. Post Falls/Bonners Thursday Aug. 21 1st Game v. CHS Tuesday Aug. 26

Practices: (after tryouts) 3-5 pm until school starts, once school starts, 2:30-4:00 pm. **Game Schedule**: We are currently working on our schedule. <u>https://lhs.sd272.org/athletics/mens-soccer</u>

Raffle Tickets: We are asking each player to sell 5 Parker Subaru raffle tickets. 100% of the money goes towards our soccer program. The money will go towards paying for your game socks and training shirt.

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