



MANTECA GIRLS SOCCER

Summer Training -**BUFF**sal

Hello,

If you are new to the Manteca High soccer program—welcome!

This summer, we have scheduled Varsity and JV futsal sessions in the Winter Gym. For those unfamiliar, futsal is a fast-paced, small-sided game that is excellent for developing technical skills. It also provides a great opportunity for new players to meet the coaches and connect with returning players.

We understand that families have summer plans, including vacations. If you are unable to attend a session for any reason, please send me a message and be sure to identify yourself. If you do not have any conflicts, your participation is expected.

To participate in any summer activity, you must bring a **signed Release of Liability form** on your first day (do not turn this into the office). Players are required to wear tennis shoes and shin guards. Water will not be provided, so please bring your own.

To try out for the team on November 2nd, all players must complete a physical examination and submit the required digital forms (instructions are attached). **Manteca High is offering free physicals on June 3rd from 8:00–10:00 AM in the Big Gym.** I strongly encourage you to take advantage of this opportunity and get it completed early.

Please note that girls' soccer is a winter sport. Practices and games will take place during winter break. **We have scheduled time off from December 22–27 and December 31–January 1, but outside of those dates, attendance is mandatory.**

If you are not currently playing club or competitive soccer, I highly recommend finding a team during the offseason. Making the varsity team at MHS is competitive, and year-round play will give you the best chance to succeed. Additionally, cross country in the fall is a great option for improving fitness.

For updates and program information, please follow us on Instagram: **@ladybuffsoccer**

If you have any questions, feel free to reach out.

Thanks, and GO BUFFS!

Coach Coenenberg

Text: 209-608-0652

Email: jcoenenberg@musd.net



Manteca High Summer Soccer

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 MHS Free Physical 8:00am-10:00am MHS Big Gym	4	5
8	9 Futsal 8-11 Winter Gym	10	11	12
15	16 Futsal 8-11 Winter Gym	17	18	19
22	23 Futsal 8-11 Winter Gym	24	25	26
29 Dead Period	30 Dead Period	1	2	3

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
29 Dead Period	30 Dead Period	1 Dead Period	2 Dead Period	3 Dead Period
6 Dead Period	7 Dead Period	8 Dead Period	9 Dead Period	10 Dead Period
13 Dead Period	14 Dead Period	15	16	17
20	21 Futsal 8-11 Winter Gym	22	23	24
27	28 Futsal 8-11 Winter Gym	29	30	31