

Dear Breck Soccer Player/Parent,

This letter pertains to the Upper School boys' soccer program for the 2026-27 school year. The purpose of this letter is to give you the information you need to prepare for the fall season, as well as the schedule for the first two weeks of coaches' practices.

We expect the number of participants in our program to be healthy again this year, enough to fully fill rosters for three teams. Players of all abilities and experience are welcome in our program. We will do our best during the evaluation process to place players on a team where they can have success and a positive experience. There is a lot of talent in our program and we hope that you are as excited about the upcoming season as the coaches are!

Preparation for the fall season should be ongoing through the summer. Touches on the ball are very important, as is soccer-specific conditioning. Please do not underestimate the importance of conditioning. If you show up in August in soccer shape, your experience will be more enjoyable.

- You can use the **summer soccer conditioning plan** that is posted on the Boys' Soccer page at www.breckschool.org as a guide. From the Home screen, click on Athletics>Fall Sports>Boys Soccer>Summer Conditioning Training.
- The Breck coaches will run an optional **summer training program** from July 13 through July 31. Field sessions will be on Mondays, Wednesdays and Fridays from 8:00-9:30am at McKnight Stadium. The training is free of charge; if you are interested, please register on the boys soccer web page (tab entitled "Go To Summer Training Registration"). The registration deadline is July 1. If you attend and own a Size 5 soccer ball, please bring it with you, along with shin guards, soccer shoes and a personal supply of water.
- Strength/conditioning sessions will be run by Steve Cherekos, the Breck Strength/Conditioning Coach, throughout the summer on weekday mornings. Look for separate correspondence about this or contact Mr. Cherekos directly.

Per the recent email from our Varsity captains, captains' practices will be held from August 3-7 and August 10-14 from 8:00-10:00am each day at McKnight Stadium.

Following is a schedule for the first two weeks of Coaches' practices (**for incoming freshmen, note that attendance at Coaches' practices is MANDATORY and that our season starts much earlier than that of the middle school**). Attendance will be considered during team selection. If you have an unavoidable scheduling conflict, please inform a coach more than two days in advance. (On a related note, **please try to schedule college visits so as not to conflict with our short but intense soccer season.**) Make sure to bring **shin guards, both cleats and running shoes, and a personal supply of plenty of drinking water to every practice.**

Mon., Aug. 17 thru Fri., Aug. 21 – 2 practices: 10:00am-12:00pm and 4:00-6:00pm, McKnight Stadium

Sat., Aug. 22 – scrimmages at Maple Grove HS (selected players only), 9:00am – 12:00pm

Mon., Aug. 24 – 2 practices: 10:00am-12:00pm and 4:00-6:00pm, McKnight Stadium

Team rosters announced; pizza dinner for all players

Tue., Aug. 25 – scrimmages – all teams (Varsity and C Team v Chisago Lakes HS – 4:00pm, JV - TBD)

Wed., Aug. 26 – practice: 3:30-6:00pm, location TBD

Thu., Aug. 27 – 1st game at Southwest Christian HS (Varsity, JV, C Teams)

Fri., Aug. 28 – practice: 3:30-6:00pm, location TBD

Sat., Aug. 29 – 2nd game v Marshall HS (Varsity, JV, C Teams)

Also look for upcoming info on a Second Harvest volunteering activity and other team-building activities in the first two weeks.

Summer training sessions and fall season practices will start on time. **Please arrive early enough so you can be ready to go at the scheduled start time.** Coaches will be setting up the field prior to practice; therefore, any administrative or other matters must be dealt with after practice.

A portion of the morning practice on Tuesday, August 18 will be spent conducting fitness testing. Each player will be timed in two activities: a series of three 300-yard runs (each run consisting of three laps around a pair of cones spaced 50 yards apart) with two minutes rest between each, and a 12-minute run on the track. Goals for players who want to play varsity soccer are 6 3/4 laps or more around the track in the 12-minute run, and 58 seconds for each 300-yard run. The coaches will use the results as part of their player evaluations, but more importantly you can use them as a personal measuring stick regarding your fitness. It is suggested that you train in preparation for these tests.

Every soccer player must have an eligibility form and record of a physical exam on file at the school before being allowed to participate in Coaches' practices. Please contact the athletic office if you can't locate the forms on the website. Also, please see the Boys Soccer Handbook (link on the Boys Soccer web page) for more important information about our program.

The coaches look forward to seeing you on the morning of August 17, or in July if you are able to attend the summer field sessions. Hopefully you'll have the opportunity to watch a lot of World Cup soccer this summer; use it to inspire and motivate you for the fall high school season! If you have any questions about the upcoming season, please contact me at george.stuempfig@breckschool.org or at **612-247-7079**. If you text me, please include your full name in your text.

Sincerely,

George Stuempfig
Boys' Soccer Head Coach