

Hello players and parents,

My name is Munir Poca, and I am excited to begin my new role as the Boys Soccer Head Coach at STM. I'm looking forward to getting started this summer and continuing to build the program with both returning players and incoming freshmen.

Below is the summer schedule for all current players and incoming freshmen interested in being part of the STM Boys Soccer Program. Incoming freshmen will be invited to the matches, and all current players are welcomed to attend it.

Summer Match Schedule

- June 1 – Barbe vs STM – 5:15 PM @ Teurlings
- June 2 – SLC vs STM – 6:30 PM @ Teurlings
- June 8 – STM vs DTSTEM – 5:15 PM @ Teurlings
- June 16 – STM vs TCHS – 6:30 PM @ Teurlings
- June 22 – PHS vs STM – 6:30 PM @ Teurlings
- June 23 – BCHS vs STM – 7:45 PM @ Teurlings
- June 29 – Summer League Playoffs – TBD
- June 30 – Summer League Playoffs – TBD

Training & Weight Room Schedule

- June 3 & 4 – Soccer Training at 10:00 AM / Weight Room at 11:00 AM
- June 17 & 18 – Soccer Training at 10:00 AM / Weight Room at 11:00 AM
- June 24 & 25 – Soccer Training at 10:00 AM / Weight Room at 11:00 AM
- July 1 & 2 – Soccer Training at 10:00 AM / Weight Room at 11:00 AM
- July 14, 15, 16, 21, 22, 23, 28, 29 & 30 – Weight Room at 11:00 AM

Kicking Cougars Soccer Camp

- June 8–12
- July 6–10

The camp counts as service hours for current players. Incoming freshmen are off during camp weeks, and there will be no regular training sessions. Incoming freshmen are welcome to assist in the camp if they would like to.

We are also checking availability for optional training sessions on June 10 & 11 after camp hours. Please note there will be no weight room those days.

Additionally, June 11 is the first World Cup game at 2:00 PM, and we may watch it together as a team after training.

What Players Need to Bring

For summer activities, players should bring:

- Tennis shoes for weight room workouts
- Cleats, shin guards, and plenty of water for field training
- Appropriate training gear for both soccer and weight room sessions

Please note that all June training is mandatory, and July workouts are highly recommended. The summer workouts will be used as a tryout period, and the team will be announced in August. Please, reach out to me if you will not be able to attend the summer training.

If you have any questions regarding the summer schedule or the program, please do not hesitate to contact me at:

boyssoccer@stmcougars.net

Vai Cougars,

Munir Poca

STM Boys Soccer Head Coach