



Clovis North Girls Soccer Pre-Season Training Program 2019-20



Hello Lady Broncos. Now is the time to get ready for the upcoming season. Soccer is a demanding sport both physically and mentally, so in order to be successful, starting off on the right foot is very critical. Players need to be committed to working hard with the intention to improve daily. For the competitive player, pre-season is the time to add additional fitness required to succeed during a demanding high school season. It is NOT designed to take unfit players to competition fitness in just a couple weeks. This is an impossible task that will often lead to injury. Top match fitness takes a minimum of six weeks of preseason training. Challenge yourself, move out of your comfort zone and try to train with someone; it makes it easier to push yourself. Play as much soccer at the highest level as you can.

During the summer months, potential players are expected to train and workout to help increase endurance, speed, strength, flexibility, and ball skills. Each player is at their own level of fitness, therefore it will be important for the player to modify exercises to their level of conditioning. If you have been training, make them harder and more intense or vice versa. Use common sense; increase the intensity of your workout gradually and avoid injuries. If you are not in athletic PE or are in another sport you will need to judge what you are getting in that sport and what you need. For example: distance runners may only need to do speed and interval work. Be sure it is okay with your coach before doing any of the soccer workouts.

Back by popular demand is the summer training program offered by Josh Norman at Athletic Performance. Our goal is to get players stronger both mentally and physically for the upcoming high school season. Training will be every Tuesday/Thursday beginning June 18th - August 15th from 9am to 10:15am with the week of 4th of July off. The cost will be \$80 a month for a total of \$160. Knowing that families will be going on vacation we were able to get half off the normal price. Payment must be made for the whole month. To reserve your spot and get more information, please call Josh at 559-283-5837 (Athletic Performance "AP" address: 340 Clovis Ave., Clovis, Ca 93612).

Also, every Wednesday beginning July 17th – August 14th from 8:30am to 10:30am the high school girls will be participating in field sessions at the varsity soccer field. We look forward to seeing everyone this upcoming summer training season.

CN Girls Soccer Tryouts begin Oct. 28th.

1st V/JV Scrimmage Nov. 15th.

1st V/JV Game Nov. 19th (Players may not participate in a high school game until club season is over).

If you want to be the Best, you must work like the Best! Go Broncos!

Coach Pap

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