

JV Girls Soccer 2021

Hello and welcome to the 2021 JV Girls Soccer season! This year we have been lucky enough to fill all three levels of the girls soccer program. Our practices will begin on Monday, August 23rd at the Middle School fields. All athletes must attend and participate in each practice. Please communicate with me if you cannot be at a practice or a game. Communication is key.

JV Girls Soccer will begin practices:

Monday, August 23rd through Saturday, August 28th. 8:00-11:00am

Week 2:

Monday, August 30th- practice 8:00-11:00am

Tuesday, August 31st- Tournament at Ogdensburg @ 4:00pm

Wednesday, September 1st- Consolations at Ogdensburg @ 4:00pm

Thursday, September 2nd- practice 8:00-10:00am

Friday, September 3rd- practice 8:00-11:00am

Saturday, September 4th- practice 8:00-11:00am

Week 3

Monday, September 6th NO practice- Labor Day

Tuesday, September 7th School Starts- Practice after school until 5:30pm

Wednesday, September 8th- practice after school until 5:30pm

Thursday, September 9th- Home Game vs OFA @ 4:30pm

Friday, September 10th- practice after school until 5:30pm

Saturday, September 11th- Home Game vs Salmon River @ 10:00am

Please come to practice every day equipped with cleats, NOCSAE approved shin guards (they should have a stamp directly on both shin guards), running shoes (in case of the weather), and a water bottle. You will not be allowed to practice without proper cleats and shin guards. Players will need to be cleared through the athletic office after completing all of the paperwork, physicals, and sportsmanship requirements. Be sure those are done on time, so you can participate in the first practice. The Gouverneur Athletic Code of Conduct is in full effect.

A parent meeting will be scheduled in the first week of practice with a date and time to be announced.

Make sure you are staying hydrated (drinking a lot of water) and consume a healthy diet (a lot of protein, fruits and vegetables). I also recommend starting to get active now and to move your body. Our first practice will be here before we know it!

I hope you enjoy the rest of your summer vacation! I am looking forward to having a great season of Gouverneur JV Girls Soccer.

If you have any questions or concerns please contact me via email:

stowell.danielle@gcsk12.org

You can get my cell number from your child, the athletic office, or via email.

Thank you,
Coach Stowell