



## Varsity Girls Soccer 2021



On behalf of Gouverneur Central School, I would like to welcome you to Gouverneur Central Girls Soccer program and 2021 season. I have been appointed to be your coach at the varsity level. I have coached each one of you since you started back at the modified level. Most of you have been training this summer and have been playing on the U17 summer soccer team. There are 15 girls signed up for the team. Each one of you will play.

Practice will begin on Monday, August 23<sup>rd</sup> at the West Side School fields. All athletes must attend and participate in each practice. Practice will consist of running, conditioning, strength training and soccer skills. The practice schedule is as scheduled.

### **Week 1**

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

### **Week 2**

08/30 through 09/01 – 8:00-11:00 am.

Thursday September 2<sup>nd</sup> is a game in Potsdam against Salmon River 6:00 pm. Bus time to be determined.

Friday September 3<sup>rd</sup> 8:00-11:00 am.

Saturday September 4<sup>th</sup> – Practice 8:00-11:00 am.

### **Week 3**

09/06 – NO Practice – Labor Day

09/07 - School Starts – Practice After school until -5:30 pm

09/08 – Practice after school until - 5:30 pm

09/09 – Home Game vs OFA at 4:30 pm

09/10 – Practice after school until -5:30 pm

09/11 – Practice 9:00-11:00 am

All players must come to practice every day equipped with running shoes, cleats, NOCSAE approved shin guards (they should have a stamp directly on both shin guards), and a water bottle and towel. You will not practice without proper cleats and shin guards. Player's need to be cleared through the athletic office after completing all paperwork, physicals, and sportsmanship requirements. Be sure those are done on time, so you can participate in the first practice. The Gouverneur Central Athletic Code of Conduct is in effect. A parent meeting will be scheduled in the first week of practice with date and time to be announced. I recommend all athletes to begin training now if you haven't already. Your attitude towards soccer, along with endurance, speed, and ball control are crucial skills for soccer, which will be evaluated during practices and games.



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Here are some suggested summer activities:

1. Endurance
  - a. Run 15-20 minutes without stopping to walk, take a break, or get a drink
  - b. Run as far as you can in 12 minutes and record your distance
  - c. Interval running walk/jog/sprint for 20 yards a piece for at least ten minutes
2. Speed
  - a. Hill sprints
  - b. Sprinting ladder runs
  - c. Backpedal for 5 yards, turn and sprint for 15 yards
3. Ball control
  - a. Juggling with feet, knees, and head
  - b. Close touch dribbling around obstacles and working on speed and eyes up
  - c. Trapping with different parts of the body and first touches

Be sure to warm up, stretch before and after, and stay hydrated during any activity. Remember conditioning takes time and you may be sore initially and need to start slowly and then gradually build up. Please do not wait until the first day of practice and expect to be in shape.

### **TOP 10 NUTRITION RULES FOR FUELING SOCCER PLAYERS**

1. Eat minimally processed foods. Limit foods with added sugar, trans fats and saturated fats.
2. Eat a rainbow. Choose a variety of fruits and vegetables.
3. Choose lean proteins. Have lean protein with each meal.
4. Choose healthy fats. Include healthy fats such as olive oil, flaxseed, fish, avocados, nuts, and seeds.
5. Choose Whole-Grain Carbohydrates. Whole grains are rich in fiber and nutrients that fuel your body.
6. Eat breakfast every day. "Break the fast" and kick-start your metabolism with protein, carbohydrates, and fluids.
7. Fuel for your training. Don't skip meals.
8. Stay hydrated. Dehydration equals decreased performance! Women should drink approximately 2.7 liters of fluid a day, and men should drink approximately 3.7 liters of fluid and/or sports drink a day.
9. Recover. Have a recovery drink with a 4-1 ratio of carbohydrate to protein within 30 minutes of exercise. Eat a balanced meal within two hours.
10. Sleep. Get six to eight hours every night to ensure proper recover

If you have any questions, please contact me any time. You can get my cell number from your child, the athletic office, or by requesting it through email. (kwells3047@gmail.com)

See you soon,

*Kurtis P. Wells*

Kurtis P. Wells

Varsity Girls Head Coach

Gouverneur Central School