

## **CONDITIONING INFORMATION 2019/2020**

### **GRASSFIELD HIGH SCHOOL BOYS SOCCER**

Coaches: Zach Kalder, Brad Killenbeck, Seth Whitby, Rudy Leichnam, Taekwon Hodges

Projected conditioning dates:

November – 11/5, 11/21, 11/26

December – 12/3, 12/5, 12/10, 12/12, 12/17, 12/19

January/February - TBD

Projected time: **4:00pm until dark** (the time varies as the daylight changes)

Place: **practice fields, stadium, or weight room**

Be prepared for cold weather!

**Bring running shoes, cleats, shin-guards, and WATER**

**GET PHYSICALS DONE ASAP** – they must be completed prior to participation in conditioning activities. Your physical must be **dated after May 1<sup>st</sup>, 2019**

**Physicals offered at Grassfield High School on Monday, October 21<sup>st</sup>, 4:00pm. Cost is \$20. Meet in the cafeteria.**

Coach Kalder's Phone number: 571-225-1888

Coach Killenbeck's Phone number: 757-285-8565

REMIND:

- Text: **@g7ce7a** to **81010**
- Most communication is coach happens via REMIND

Tryouts will begin on February 24<sup>th</sup>

Check out the Grassfield Soccer Website [www.grizzly-soccer.com](http://www.grizzly-soccer.com)