



2020 NORTHWEST Summer Soccer Schedule and Information

BOYS SOCCER INFORMATION:

First week for summer conditioning: June 8th

Days: Monday – Friday

Location: SMNW weight room and the upper turf field

Times: **Morning Weights** will occur from 7:00 am to 8:00 am in NW weight room.

Soccer Specific Training will occur from 8:00 am to 9:00 am following the weight workout. This will include fitness and technical training with a ball and will typically end with some small sided play.

Week of summer camp: June 22nd – June 26th

Times: 7:30 am to 10:00 am

Location: SMNW turf field

Cost: Please see the cost options listed below.

Conditioning ONLY (no camp week): \$70 for the entire summer or \$35 for each month of the summer (June and July)

Camp ONLY (no conditioning): \$75 for the entire week.

Conditioning AND Camp: \$110 for everything for the entire summer.

Registration: There is not a preregistration form for the camp. The coaches will collect payment during the first week of condition or the first day of camp.

GIRLS SOCCER INFORMATION:

First week for summer conditioning: June 8th

Days: Monday – Friday

Location: SMNW weight room and the upper turf field

Times: **Morning Weights** will occur from 7:00 am to 8:00 am in NW weight room.

Soccer Specific Training will occur from 8:00 am to 9:00 am following the weight workout. This will include fitness and technical training with a ball and will typically end with some small sided play.

Week of summer camp: June 22nd – June 26th

Times: 6:00 pm to 8:00 pm

Location: Olathe Northwest High School

Registration Link: <https://sites.google.com/view/raven-summer-camps/soccer?authuser=0>

Cost: \$75

Cost: Please see the cost options listed below.

Conditioning ONLY (no camp week): \$70 for the entire summer or \$35 for each month of the summer (June and July)

Camp ONLY (no conditioning): See above.

Conditioning AND Camp: If you register for the summer camp at ONW high school, you will only be charged \$45 for the entire summer for conditioning.

Registration: Registration for the girl's camp will occur through the ONW girl's soccer website.

For summer weights and conditioning, the coaches will collect payment during the first week of conditioning.

** If you sign up for summer weights through the soccer program, you will not need to sign up for weights through the school program.

**Please note – dates and times are always subject to change. Communication about changes to the schedule will be communicated through the following: coach to player communication, email, team group me, and team snap

**Also note – all of the following summer opportunities are voluntary and cannot be required. However, as coaches, we highly recommend that the players attend as many conditioning sessions as possible. If you are fit, you play better. If you are fit, your likelihood of injury goes down greatly. However, you must be consistent in your participation to get fit.

When is YOUR season going to BEGIN?

Contact Information:

If you have questions, please contact the Head Boys and Girls Soccer Coach – Todd Boren – at the following email address: toddboren@smsd.org.