



## Lady Mavs Soccer 2020-21

- **Coach Branko Isailovic:** 765-414-1439 or [goladymavs@gmail.com](mailto:goladymavs@gmail.com)

**Transformational Purpose Statement:** "I strive, to the best of my abilities, to lead and mentor student based athletes through their development and create the culture that makes carrying relationship a priority and mandate that young people's security, well-being, self-esteem and joy be primary concern of our program while modeling the values of pride, ownership and mutual respect."

- **Assistant Coach Jarrod Boe (JV):** 765-418-3907 or [jboe@lsc.k12.in.us](mailto:jboe@lsc.k12.in.us)
- **Assistant Coach Taylor Butcher (GK):** 765-490-9819 or [tebutcher@tsc.k12.in.us](mailto:tebutcher@tsc.k12.in.us)
- **Athletic Director Ryan Walden:** 765-474-6714 or [rwalden@tsc.k12.in.us](mailto:rwalden@tsc.k12.in.us)
- **Administrative Assistant Rachel Burns:** 765-474-6714 or [rmburns@tsc.k12.in.us](mailto:rmburns@tsc.k12.in.us)
- **Trainer Brian Fabries:** 765-414-2899 or [bfabries@IUHealth.org](mailto:bfabries@IUHealth.org)
  
- **Online Forms and Physical (Due Date June 15<sup>th</sup> or prior to the first practice)**
  - Complete all forms online via Final Forms.
    - McCutcheon Athletics → More → Sports Medicine → Physicals and Forms
  - Physical Exam (Online or Athletics Office) needs turned in with a physician's signature and number.
  - Online forms and physical must be completed before participating in sports!!!
- **Summer workouts start June 15<sup>th</sup>**
  - Practice Schedule: Monday & Thursday Open Field Sessions 6:00-8:00 PM  
Tuesday & Wednesday Fitness Workouts 6:00-7:15 AM
  - Map My Run (UA) application to help track the fitness activity.
  - Fields layout/schedule TBD.
- **Attendance, Commitment and Gear**
  - Players and Team EVALUATION starts June 15<sup>th</sup>
  - Hard work, dedication, positive attitude & FUN
  - Please be on time and have the gear ready. On field 10-15 minutes before
  - Gray Soccer shirt, black shorts and black socks for Open Field Session (AM accordingly)
  - Game Day attire will be communicated timely (School and Away/Home games)
- **Games & Friendlies**
  - June 20<sup>th</sup> Alumni Game/Scrimmage
  - Purdue Camp July 7<sup>th</sup> – 9<sup>th</sup> (**email coach Branko for registration information**)
  - July 17<sup>th</sup> and 18<sup>th</sup> McCutcheon Friendlies
  - July 24<sup>th</sup> and 25<sup>th</sup> Carmel Invitational (maybe change)
  - General Scrimmage Lawrence North, August 12<sup>th</sup>
- **Summer Activities**
  - Youth Camp June 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> (w/boys)
  - Canoeing Sugar Creek July 11<sup>th</sup>
  - Community projects: Mayflower, Hunger Hike, Food Finders Boys and Girls Club, Grant's House
  - Fundraisers: Laundry Detergent, Car Wash August 8<sup>th</sup> and youth camp
  - Marta Crowe is helping us this year
  - **Follow us on Twitter, Facebook & Instagram**



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- **Expectations**
  - **2 Mile Run:** 16 Minutes (June 15<sup>th</sup>) & 15 Minutes (August 3<sup>rd</sup>)
  - **Push-Ups:** 15+ during 30 seconds time interval
  - **Sit-Ups:** 22+ During 30 seconds time interval
  - **Elbow Plank:** 45+ seconds
  - **Sit-Up Plank:** 45+ seconds
- **During off weeks maintain and/or improve your fitness and strength levels.**
- **During regular weeks you are personally responsible for two additional fitness workouts.**

# June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 START 6-8 pm Open Field	16 6-7:15 am Conditioning	17 6-7:15 am Conditioning	18 6-8 pm Open Field	19	20 <b>Alumni Game</b> <b>9<sup>th</sup> Vs 10<sup>th</sup></b> <b>Grade Game</b>
21	22 6-8 pm Open Field	23 6-7:15 am Conditioning <b>YOUTH CAMP</b>	24 6-7:15 am Conditioning <b>YOUTH CAMP pm</b>	25 6-8 pm Open Field <b>YOUTH CAMP</b>	26 OFF	27 OFF
28	29 IHSAA <del>WEEK OFF</del>	30 IHSAA <del>WEEK OFF</del>				

# July 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 IHSAA WEEK OFF	2 IHSAA WEEK OFF	3 IHSAA WEEK OFF	4 IHSAA WEEK OFF
5	6 OFF	7 PURDUE CAMP Residential	8 PURDUE CAMP Residential	9 PURDUE CAMP Residential	10 OFF	11 Team Activity Canoeing Sugar Creek
12 OFF	13 6-8 pm Open Field	14 6-7:15 am Conditioning	15 6-7:15 am Conditioning	16 6-8 pm Open Field	17 McCutcheon Friendlies (Evening)	18 McCutcheon Friendlies (Morning)
19	20 6-8 pm Open Field	21 6-7:15 am Conditioning	22 6-7:15 am Conditioning	23 6-8 pm Open Field	24 Carmel Invitational Tentative	25 Carmel Invitational Tentative
26	27 TSC WEEK OFF	28 TSC WEEK OFF	29 TSC WEEK OFF	30 TSC WEEK OFF	31 TSC WEEK OFF	

# August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 TSC WEEK OFF
2	3 TRYOUTS 6-7:15 am Cond. 6-8 pm Field	4 TRYOUTS 6-7:15 am Cond. 6-8 pm Field	5 TRYOUTS 6-7:15 am Cond. 6-8 pm Field	6 4:30 ImPACT Test 6-8 PM Field	7 4-5 pm Team Pictures 5-7 PM Field	8 Car Wash (10am- 2pm)
9	10 6-8 PM Field	11 6-8 PM Field	12 Scrimmage @ Lawrence N. V 6 pm	13 6-8 PM Field	14 5-7 PM Field	15 Season Vs Fishers JV 10 am V 11:30 am
16	17 6-8 PM Field	18 6-8 PM Field	19 @ West Lafayette JV 5 pm V 6:30 pm	20 6-8 PM Field (OFF)	21 South Bend V 8 pm	22 South Bend V 11 am V 4:30 pm
23	24 @ Brownsburg JV 5:30 pm V 7 pm	25 @ Logansport JV 5:30 pm V 6:30 pm	26 6-8 PM Field (OFF)	27 6-8 PM Field	28 5-7 PM Field	29 Game TBD

# September-October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 6-8 PM Field	1 6-8 PM Field	2 @ Harrison JV 5 pm V 6:30 pm	3 OFF	4 OFF	5 OFF
6 OFF	7 6-8 PM Field	8 Vs Kokomo JV 5 pm V 6:30 pm	9 JV @ Lebanon 6 pm ? 6-8 PM Varsity	10 Varsity 6-8 PM Field JV TBD	11 5-7 Field	12 @ Terre Haute JV 10 am V 11:30 am
13	14 6-8 PM Field	15 6-8 PM Field	16 Vs Jeff JV 5 pm V 6:30 pm	17 6-8 PM Field	18 6-8 PM Field	19 NCC Tournament TBD
20 <b>Hunger Hike</b> <b>3K</b> <b>12-4 pm</b> <b>Pickle Plaza</b>	21 Varsity Vs HSE 6 pm JV Practices TBD	22 6-8 PM Field (OFF)	23 McCutcheon Friends Night 6-8 pm	24 6-8 PM Field	25 5-7 PM Field	26 NCC Tournament TBD
27	28 6-8 PM Field	29 6-8 PM Field	30 JV @ North Central 5:30 pm V practice 6-8 pm	1 Vs Western JV 5 pm V 6:30 pm SENIOR NIGHT	2 Varsity OFF JV Practice TBD	3 JV Hagen Classic 8 am
4	5 6-8 pm	6 Sectional Round 1 TBD	7 6-8 pm	8 Sectional Round 2 TBD	9 5-7 pm	10 Sectional Championship TBD