

Lady Dons Soccer

2008

FEB – MAR – APR

- Those in Salem Hills H.S. boundaries need to make their school choice decision immediately!!! If you're staying at SFHS, forms need to be submitted by Feb.15, I believe. Talk to a principal or Mr. Doug Snell today.
- Finish your winter sport season with hard work and energy!
- Get ready for spring sports: softball, track, golf, club soccer
- Coach Anita Norris is forming a Spring season girls soccer team with Nebo United. If you want to play this Spring give her a call right away: 798-7353.
- Register for our Soccer Camp – details below.
- Go to class. Do your best work. Be a good student citizen.

SOCCER CAMP

We will combine our soccer camp this summer with girls from three high schools: Spanish Fork (Go Dons), Salem Hills and Payson. Field location will be announced in May.

- *Camp dates, June 16-20, Monday thru Friday, mornings*
- *Camp is conducted by BYU-Hawaii Women's Soccer Coach, Justin Wagar, and his staff*
- *Cost of the camp is \$100 per person. Registration is due in April. Earn/save your money now.*
- *Registration form will be made available later in February.*

SUMMER SCRIMMAGES

We will have open scrimmages during June and July like last year. We will announce in May the days, times and field locations.

PRE-SEASON CONDITIONING

→ July 21 to August 2. Time and location will be announced later.

SFHS TEAM TRYOUTS

→ August 4, Monday, 7:30 – 10:00 am, SFHS soccer field

RECRUITING

With 9 seniors graduating and a few more girls attending Salem Hills, we will have openings for a lot of new girls in the 2008 season. Start talking to your friends, sisters, cousins and fellow athletes now. 8th graders and up. Encourage them to tryout. Encourage them to come play with us this summer.

Keep in mind, I do not foresee any of you who played on the 2007 team not making the 2008 team. Don't worry about recruiting someone who you think might be better than yourself. First of all, with your team experience, it's not likely they'd be better. Second, with about 15 team slots open there is plenty of room on the team for more good players.

Recruit. Recruit. Recruit.

PERSONAL PRACTICE

Time with the ball. 20 minutes per day. Touches on the ball. Dribble, kick, juggle, head, trap, burn moves, ball-and-a-wall. Alone or with a friend. Running. Sit-ups.

2/08

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