

Dear Breck Soccer Player/Parent,

This letter pertains to the Upper School boys' soccer program for the 2022-23 school year. As we start our season in August, it will be upon us sooner than you might think.

The purpose of this letter is to give you the information you need to prepare for the fall season, as well as the schedule for the first two weeks of coaches' practices.

Because of an expected influx of new students, we hope to field three teams in the fall: Varsity, Junior Varsity and C team. Whether we will have a C team will depend on the number of registrants **(if you haven't registered for boys' soccer yet, please do so as soon as possible!)**.

Preparation for the fall season should be ongoing through the summer. Touches on the ball are very important (I encourage you to have a soccer ball at your feet as much as you possibly can to develop comfort on the ball), as is soccer-specific conditioning. Please do not underestimate the importance of conditioning. If our players show up in August out of soccer shape, there is not enough time in our short season to get them into proper soccer conditioning, and their experience will be less enjoyable.

- Our Varsity captains, John Gorman, Daniel Sampsell and David Shin are arranging for **summer strength/speed training** with Steve Cherekos, the Breck strength/conditioning coach. They will send separate correspondence with details.
- You can also use the **summer soccer conditioning plan** that is posted on the Boys' Soccer page at [www.breckschool.org](http://www.breckschool.org) as a guide. From the Home screen, click on Athletics>Fall Sports>Boys Soccer>Summer Conditioning Plan.
- **The coaching staff will also run informal training sessions in July, on Tuesdays and Thursdays from July 12 through July 26 from 6:00-8:00pm, and on July 28 from 4:00-6:00pm, all at the stadium.** If you have conflicts with club soccer activities, club soccer should take precedence.

The correspondence from our Varsity captains will contain information regarding captains' practices. This info will also be posted on the Athletics web page calendar. For your planning purposes, captains' practices will be held Monday-Friday from 10am-12pm at McKnight Stadium the weeks of August 1 and August 8.

Following is a schedule for the first two weeks of Coaches' practices **(for incoming freshmen, note that attendance at Coaches' practices is MANDATORY and that our season starts much earlier than that of the middle school)**. If you have an unavoidable scheduling conflict, please inform me more than two days in advance. (On a related note, **please try to schedule college visits so as not to conflict with our short but intense soccer season.**) Make sure to bring **shin guards, both cleats and running shoes, and a personal supply of plenty of drinking water to every practice.**

Mon., Aug. 15 – 2 practices: 10:00am-12:00pm and 4:00-6:00pm, Highway 100 Field

Tue., Aug. 16 – 2 practices: 10:00am-12:00pm and 4:00-6:00pm, McKnight Stadium

Wed., Aug. 17 – 2 practices: 10:00am-12:00pm and 3:45-5:45pm, Highway 100 Field; player/parent info meeting

Thu., Aug. 18 – 2 practices: 10:00am-12:00pm and 4:00-6:00pm, Stadium

Fri., Aug. 19 – 2 practices: 10:00am-12:00pm and 4:00-6:00pm, Highway 100 Field

Sat., Aug. 20 – scrimmages at Maple Grove HS (selected players only), 9:00am – 12:00pm

Mon., Aug. 22 – 2 practices: 10:00am-12:00pm and 4:00-6:00pm, Stadium and Baseball 1

Team rosters announced; varsity team dinner

Tue., Aug. 23 – scrimmages – all teams (Varsity and JV at Chisago Lakes HS at 4:00pm, C Team TBD)

Wed., Aug. 24 – practice: 3:30-6:00, Highway 100 Field and Baseball 2

Thu., Aug. 25 – 1<sup>st</sup> game at Southwest Christian HS

Fri., Aug. 26 – practice: 3:30-6:00, Highway 100 Field and Baseball 2

Sat., Aug. 27 – 2<sup>nd</sup> game at Orono HS

Practices will start on time. **Please arrive early enough so you can be ready to go at the scheduled start time.** Coaches will be setting up the field prior to practice; therefore, any administrative or other matters must be dealt with after practice.

**A portion of the morning practice on Tuesday, August 16 will be spent conducting fitness testing.** Each player will be timed in two activities: a series of three 300-yard runs (each run consisting of three laps around a pair of cones spaced 50 yards apart) with two minutes rest between each, and a 12-minute run. Goals for players who want to play varsity soccer are 7 laps or more around the track in the 12-minute run, and 60 seconds for each 300-yard run. The coaches will use the results as part of their player evaluations, but more importantly you can use them as a personal measuring stick regarding your fitness. It is suggested that you train in preparation for these tests.

**Every soccer player must have an eligibility form on file** at the school before being allowed to participate in Coaches' practices. Please contact the athletic office if you need a form and can't access it on the website.

The coaches look forward to seeing you on the morning of August 15. If you have any questions about the upcoming season, please contact me at [george.stuempfig@breckschool.org](mailto:george.stuempfig@breckschool.org) or at **612-247-7079**. If you text me, please include your full name in your text.

Sincerely,

George Stuempfig  
Boys' Soccer Head Coach