

**PORTAGE NORTHERN SOCCER  
PLAYER/PARENT HANDOUT**

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**“The success of our program depends on the time and effort put in, along with the competition that our athletes play with and against all year.”**

Team Website: <http://pnhsoccer.org>

**PRIORITY LIST**

1. FAMILY
2. SCHOOL
3. SOCCER

**TEAM RULES**

1. HAVE FUN
2. No excuses
3. No regrets
4. Play your hardest at all times
5. Put the team before yourself

**TEAM GOALS**

1. Division Champs
2. League Tournament Champs
3. District Champs
4. Regional Champs
5. STATE CHAMPS!

<b>Daily Skill &amp; Strength Work (Sunday OFF)</b>	<b>Tryout Fitness Skill Expectations</b>
50 Push ups	2 Mile Run in 14 minutes (16 minutes for goalkeepers)
On back, legs extended at 6 inches for 2 minutes	25 consecutive pushups
20 minutes of juggling	50 consecutive juggles (feet only)
Dribbling, shooting, passing work on own or in groups	15 minutes of interval runs (8 minutes for GK's)

**Club Soccer League Opportunities**

1. [Midwest Regional League \(MRL\)](#)
2. [Super Y](#)
3. [Michigan Premier Soccer Program \(MSPSP\)](#)
4. [Grand Valley Soccer Association \(GVSA\)](#)
5. [West Michigan Youth Soccer Association \(WMYSA\)](#)
6. [American Youth Soccer Organization \(AYSO\)](#)

**Off Season Training and Playing**

Above are the expectations and options for club soccer. Players are responsible for following the daily workouts and getting themselves into their top fitness and skill levels. By playing for the best coaches, and competing with and against the best competition, we can all be prepared to achieve our 5 team goals. Hold yourself accountable for getting better and being prepared for the challenges and competition that the high school soccer season will pose.

**Optional Workouts**

There will be conditioning sessions in the winter, but players should be training and playing indoors. These sessions should be used to supplement the games and training that you are currently involved in. Please remember that participation in optional workouts and soccer teams in the fall, winter, and summer does not guarantee a place on the JV or Varsity roster.

# Portage Northern Girls Soccer Optional Workout / Practice / Game Calendar

## January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 Conditioning @ Dog House 4:30-6p	5 Conditioning @ Dog House 3:15-4:45p	6 Conditioning @ Dog House 3:15-4:45p	7 Conditioning @ Dog House 3:15-4:45p	8 Conditioning @ Dog House 3:15-4:45p	9
10	11 Conditioning @ Dog House 4:30-6p	12 Conditioning @ Dog House 3:15-4:45p	13 Conditioning @ Dog House 3:15-4:45p	14 Conditioning @ Dog House 3:15-4:45p	15 Conditioning @ Dog House 3:15-4:45p	16
17	18 Conditioning @ Dog House 4:30-6p	19 Conditioning @ Dog House 3:15-4:45p	20 Conditioning @ Dog House 3:15-4:45p	21 Conditioning @ Dog House 3:15-4:45p	22 Conditioning @ Dog House 3:15-4:45p	23
24	25 Yoga TBA	26 TBA	27 ½ Day	28 ½ Day	29 NO Training NO School	30

## February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Conditioning @ Dog House 4:30-6p	2 Conditioning @ Dog House 3:15-4:45p	3 Conditioning @ Dog House 3:15-4:45p	4 Conditioning @ Dog House 3:15-4:45p	5 Conditioning @ Dog House 3:15-4:45p	6
7	8 Conditioning @ Dog House 4:30-6p	9 Conditioning @ Dog House 3:15-4:45p	10 Conditioning @ Dog House 3:15-4:45p	11 Conditioning @ Dog House 3:15-4:45p	12 Conditioning @ Dog House 3:15-4:45p	13
14	15 Conditioning @ Dog House 4:30-6p	16 Conditioning @ Dog House 3:15-4:45p	17 Conditioning @ Dog House 3:15-4:45p	18 Conditioning @ Dog House 3:15-4:45p	19 Conditioning @ Dog House 3:15-4:45p	20
21	22 Conditioning @ Dog House 4:30-6p	23 Conditioning @ Dog House 3:15-4:45p	24 Training TBA Conferences	25 Training TBA Conferences	26 NO Training NO School	27

## March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Conditioning @ Dog House 4:30-6p	2 Conditioning @ Dog House 3:15-4:45p	3 Conditioning @ Dog House 3:15-4:45p	4 Conditioning @ Dog House 3:15-4:45p	5 Conditioning @ Dog House 3:15-4:45p	6
7 WMU TEAM CAMP Dates/Time TBA	8 Conditioning @ Dog House 4:30-6p	9 Conditioning @ Dog House 3:15-4:45p	10 Conditioning @ Dog House 3:15-4:45p	11 Conditioning @ Dog House 3:15-4:45p	12 Conditioning @ Dog House 3:15-4:45p	13
14 OFF	15 Tryouts 4:30-6p Location TBA	16 Tryouts 4:30-6p Location TBA	17 Tryouts 4:30-6p Location TBA	18 Tryouts 4:30-6p Location TBA	19 Tryouts 4:30-6p Location TBA TEAMS Announced	20 OFF
21 OFF	22 Practice JV/V 4-6p Meeting 6:30p Booster MTG 7	23 Practice JV 3:30-5p V 4-6p	24 Practice JV 3:30-5p V 4-6p	25 Practice TBA	26 OFF for Spring Break March 26 to April 4	27 Workout packet is to be followed

## April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 OFF	5 Practice JV 3:30-5p V 4:30-6p	6 Home vs Vicksburg JV 5p V 6:45p	7 Practice JV 3:30-5p V 4-6p	8 Practice JV 3:30-5p V 6=6p	9 Practice JV 3:30-5p V 4-6p	10 OFF
11 OFF	12 Practice JV 3:30-5p V 4-6p	13 Practice JV 3:30-5p V 4:30-6p	14 Game @ <a href="#">Mattawan</a> Bus 3:30p JV 5p V 6:45p	15 Practice JV 3:30-5p V 5-6:30p	16 Practice JV 3:30-5p V 4:30-6p	17 Portage 3 for 1 Home vs Okemos, TCC, & TCW JV & Varsity Times TBA
18 OFF	19 Home vs East Kentwood JV 5p V 6:45p	20 Practice JV 3:30-5p V 4:30-6p	21 Game @ PC Carpools JV 4p V 5p Games:5/6:45p	22 Practice JV 3:30-5p V 5-6:30p	23 Game @ <a href="#">Forest Hills Central</a> Bus 2:30p JV 5p V 6:45p	24 OFF
25 Varsity Practice TBA	26 Game @ <a href="#">KCentral</a> Carpools JV 4p V 4:45p Games:5/6:45p	27 Practice JV 3:30-5p V 4:30-6p	28 Home vs BCC JV 5p V 6:45p	29 Practice JV 3:30-5p V 5-6:30p	30 Game @ <a href="#">BC Lakeview</a> Bus 3:30p JV 5p V 6:45p	May 1 OFF

## May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Varsity Practice TBA	3 Home vs Norrix JV 5p V 6:45p Youth Night*	4 Practice JV 3:30-5p V 4:30-6p	5 Practice JV 3:30-5p V 4:30-6p	6 Game @ <a href="#">Gull Lake</a> Bus 3:30p JV 5p V 6:45p	7 OFF	8 OFF
9 Varsity Practice TBA	10 Home vs SMAC East JV 5p V 6:45p	11 Practice JV 3:30-5p V 4:30-6p	12 Practice JV 3:30-5p V OFF	13 Practice JV 3:30-5p V 5-6:30p	14 Home vs Plainwell 5p & 6:45p	15 OFF
16 Varsity Practice TBA	17 Game @ SMAC West Bus, Team, times TBA	18 Practice JV 3:30-5p V 4:30-6p	19 SMAC Tourney Team, time, TBA	20 Practice JV 3:30-5p V 5-6:30p	21 Home vs East Grand Rapids JV 5p/ V 6:45p Senior Night*	22 OFF
23 Varsity Practice TBA	24 SMAC Tourney Team, time, TBA	25 Practice JV 3:30-5p V 4:30-6p	26 SMAC Tourney Team, time, TBA	27 Practice V 5-6:30p	28 Practice 4-5:30p	29 OFF

## June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 30	May 31 Memorial Day Practice 5-6:30p	1 Districts June 1 <sup>st</sup> -5 <sup>th</sup>	2	3	4	5
6	7 Regionals June 8 <sup>th</sup> -12 <sup>th</sup>	8	9	10	11	12
13	14	15	16 State Semifinals	17	18	19 State Finals
20	21 Banquet?					