



PRESEASON TRAINING INVITE

CURRENT 7TH THRU 12TH GRADE ATHLETES

I've finalized the fall and winter training program. We will be participating in outdoor field conditioning and skill practices weather permitting. These outdoor skill trainings will be 60 minutes in length, positional trainings. All trainings will be by the varsity staff.

Details...

- *STARTING NOVEMBER 14TH THRU APRIL 5TH*
- *Trainings will be split between speed training and skill training.*
- *Offensive players will work on catching, shooting dodging and other fundamental skills.*
- *Defensive players will work on catching, clearing, footwork and other fundamental skills.*
- *Goalies will work on positioning, clearing, footwork, hand speed and other fundamental skills.*
- *36 training dates!!!*

Coach Taylor

DATES: *EVERY MONDAY AND WEDNESDAY!
NO SESSIONS ON SCHOOL BREAKS*

TIME: *7:00 PM to 8:00 PM*

PLACE: *SWR HS TURF FIELD*

COST: *\$200 PER PLAYER*

(\$150 for multiple athlete families)

visit swrwac.org to register

