

## **Voorhees Girls Soccer 2024 Information Sheet**

Below is some essential information for athletes coming in from middle school as we enter the summer (the true beginning of our season) and head into the fall.

1. During the summer we have optional training sessions 4 times a week. Tuesday and Thursday 1:30 to 3 pm will be normal soccer training sessions, with technical work and small sided drills and play. On Monday and Wednesday each week from 1:30pm-2:45pm will be weight training and fitness sessions with Coach Sam. These sessions will begin June 27th on the turf field at Voorhees. It also serves as an excellent time for new players to become acquainted and acclimated with the girls currently on the team. These training sessions are optional, those that are not around due to family events, work, vacation are not penalized for missing at all. I am hopeful that the girls can make it to as many sessions as they are possibly available for, as both myself and the other coaches attend and see this as valuable. To participate in this, as well as use the weight room, players must sign up through ASPEN to participate in Girls Soccer Summer Intramurals. Students should be set up on ASPEN heading into high school, but if not please reach out to me and I will find the information necessary to assist you.
2. The other main portion of this information sheet is to inform you I sent our summer fitness program I created to your middle school athletic coordinator. They can forward you the email I sent to them, which includes the program as an attachment. I encourage all incoming and returning players to take these seriously, as coming in fit and conditioned makes preseason significantly easier and the transition into high school sports smoother. This is also optional, but if athletes opt not to use these, I would suggest they do something equivalent to be adequately prepared. I like to remind all athletes that my program is not an expectation, but a goal. I know not every time in there is achievable, but athletes should do their best each drill, with all times and goals in mind.
3. I am currently setting up a team to be entered in a 7 v 7 league for the summer at DTS in Branchburg. This is not school affiliated, but is an excellent place to find very competitive games in the summer as we play many teams we will see throughout the year. I need to submit the roster and register the team by May 9th, so anybody interested would need to contact me as soon as possible. Games are on Monday nights, half indoor and half outdoor. I cannot give a price until I find out the number of athletes that are committed to participating. If interested contact me immediately.

4. The team, because of some school changes, has to communicate via a school email. I also will have the captains communicate with the girls via remind or group text. Please reach out to me via email at [ikirkpatrick@nhvweb.net](mailto:ikirkpatrick@nhvweb.net) so I can keep in communication with you and update with important information and changes to the schedule. I need one guardian of each incoming and returning player to reach out with their email as soon as possible so you do not miss any updates on times or information.

5. If you have any questions at all, about this email or anything else in regards to the program, please feel free to reach out to me. So I can separate school from soccer, please direct any soccer questions to my Voorhees email, [ikirkpatrick@nhvweb.net](mailto:ikirkpatrick@nhvweb.net)