

2019 CBNA Boys Summer Soccer Information

Next year's soccer season at Coe-Brown is just around the corner. Prior to tryouts, we want to give you some opportunities to get touches on the ball in competitive environments to help sharpen your game. It is in your and the team's interest to take advantage of these and any others that may present themselves.

CBNA Opportunities

- **Summer Soccer**

This is a great chance to develop your game by playing with and getting pointers from current and incoming CBNA players, CBNA coaches and team alumni. Short-sided and full field matches.

Possible matches against other schools. This is important for incoming Freshmen to learn the feel of the game at this level as well as to meet the coaches.

Dates: Thursdays 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1 from 5:30-7:30pm, CBNA soccer fields.
No cost.

- **Summer Soccer Mini-Camp**

For the first two days, we plan on putting the players into various game-like scenarios to challenge their decision-making skills. On the third day, we'll break out into a 6v6 tournament with full nets to implement some of the tools we developed in the prior days.

Dates: 7/24, 7/25, 7/26 from 5:30-7:30pm on the CBNA soccer fields. (7/25 will still have summer pickup ball 6:30-7:30)

No cost.

- **CBNA Soccer Academy:**

This camp is a week long and just prior to team tryouts and the start of the 2018-2019 season. It is a great chance to get touches on the ball in a competitive and fun environment, as well as a chance to get to know the CBNA coaches and possible teammates. While it is not mandatory, it serves to get players in shape and prepared for tryouts. This is also our teams' primary fundraiser and allows us avoid raising additional money for the season.

- August 5-9, 1:00-5:00pm on the CBNA soccer fields.

- Cost: \$80 (20 hours)

Registration: <https://coebrown.org/summer-youth/>

- **Summer Fitness and Strength Training Program**

Our Athletic Trainer, Mrs. Carey, will be running a free program for all current and incoming CBNA athletes throughout the summer. While you are more than welcome to develop strength and fitness on your own throughout the summer to prepare for tryouts and season, this is an organized, professionally developed program that will have a very positive impact on your power, agility and conditioning. Be prepared to focus in and work hard to see improvements.

- Mondays and Wednesdays (starting June 17th), 3 sessions per day, choose any or all

- 8:30-9- stretch, strengthen and core (power yoga)

- 9:15-10- agility, speed, power stations

- 10-11:30- open weight room

- **2019 Team Tryouts** (Varsity and JV teams): August 19-21, 3-5pm
Please have necessary physicals (from June 1, 2019 or later), ImPACT test, and forms ready for the start of the season, or you won't be eligible to try out. This information can be found on the CBNA Athletics page.
- **Additional Team Information**
This information and **updates** will be available online on our **BigTeams webpage** via the Coe-Brown Athletics page: <https://coebrownathletics.com> (click on: Fall Sports -> Soccer -> Boys Varsity)
We are also active on our **Twitter** page (@CbnaBoysSoccer), and you can e-mail the coaches:
Coach Gompert: cgompert@coebrown.org
Coach Struthers: mstruthers@coebrown.org