

# Please join the group for 2023 Boys Soccer on HUDL!!

- ▶ Follow the link below to submit your details and join the team. You'll be accepted as soon as we've checked them.
- ▶ Registration page:
- ▶ **[hudl.com/jointeam](https://hudl.com/jointeam)**
- ▶ Team Code:
- ▶ **mpiqoyw**

# Boys Soccer Fall 2023

1. PICK UP SOCCER GAMES WEDNESDAY MAY 31 AND MONDAY JUNE 5\*\*\* – STADIUM AFTER SCHOOL
2. PENNRIDGE TOURNAMENT – COST \$10 – GAMES START AT 2-6:30 PM JUNE 3RD 2 TEAMS, \$10 – AFTER SAT TEST – FIRST COME FIRST SERVED
3. PRE-SEASON – AUGUST 14TH– MEET 8 AM IN THE STADIUM
4. SESSIONS 8-11 AND 5-7 – SQUADS CHOSEN ON WEDNESDAY
5. KEEP **SATURDAY** OPEN ABINGTON PLAY DAY **8/19**
6. SCRIMMAGE V LANSDALE CATHOLIC TUESDAY – 8/22
7. NON LEAGUE: SOUTHERN LEHIGH – **SATURDAY AUGUST 26<sup>TH</sup> (10 AM)** AND FAITH CHRISTIAN OCTOBER 2ND

## MEDICAL FORMS - ATHLETIC OFFICE POSTING

CHECK SCHOOLOGY – PHYSICAL  
[WWW.WISSAHICKONATHLETICS.ORG/](http://WWW.WISSAHICKONATHLETICS.ORG/)

FITNESS/WOODS LAPS/PERIODIZATION (6 WEEKS TO OBTAIN  
OPTIMAL FITNESS – START YOUR RUNNING PROGRAM JULY 1<sup>ST</sup> – I  
WILL PROVIDE A GUIDE IF YOU NEED HELP WITH HOW TO PREPARE  
IF YOU ARE AWAY MOST OF THE SUMMER

POTENTIAL FOR SUMMER RUNNING/PLAYING SESSIONS (TBD INFO  
THROUGH HUDL)

JUNE 1<sup>ST</sup> – SOCCER PLAYERS CAN GET PHYSICAL COMPLETED AT  
THE HIGH SCHOOL FOR FREE!!!! YOU NEED TO REGISTER AND  
BRING PAGES 1-5 COMPLETED TO THE PHYSICAL – TURN FORM IN  
TOMORROW IN THE ATHLETIC OFFICE