



WESTOSHA CENTRAL BOYS' SOCCER - Fall 2018

1. Coaching Contact

- Head Coach - Jonathan Kao
- E-mail: kaoj@westosha.k12.wi.us
- Remind: Text @9d33fg to 81010, or go here: <https://www.remind.com/join/9d33fg>

2. Practice

- Practice begins Monday, August 13
- Two a day practices Aug 13-17. Morning session 6-9 AM. Evening session 3:00-5:30.
- Expect to practice rain or shine. Bring running shoes and cleats to all practices.
- After school practices will be held 3:00-5:30 PM.

3. Team Selection

- Team placement will take place at the end of the first week of practice.

4. Equipment

- Equipment will be handed out at the end of the first week of practice.
- **UNIFORM CARE** is your responsibility. Damaged or destroyed equipment will result in the assessment of fines.
- You must purchase your own socks. At least one pair of solid black and one pair of solid white socks. Manufacturer's logos are ok.
- Varsity Uniforms:
 - Home - White Tops/White Shorts/White Socks
 - Away - Black Tops/Black Shorts/Black Socks
- JV Uniforms:
 - Home - White Tops/White Shorts/White Socks
 - Away - Maroon Tops/Black Shorts/Black Socks

5. Games

- Game schedule is posted at www.westoshafalcons.org
- For ALL Varsity Home games, we must provide ball boys. This is an expected duty for JV players. JV players will be assigned games that they will cover.

6. Preseason Workouts -

- During the school year - open gyms on Mondays 5:00-6:ish pm starting on April.
- Once Summer begins weekly open gyms, and fitness training. (4th of July Week Off)
 - Monday/Thurs Open Gym - 5-7 pm
 - Wednesday - Fitness 5-6
- Multiteam SLC camp, times/dates TBA

7. Please consider joining booster club.