



GR Ottawa Hills High School Women's Soccer

Contact Coach Ed Hilton if interested!

Text: 616-558-0080
Email: hiltone@grps.org

Spring 2023 – Preseason Training Dates

Goalkeeper training

Dates: Nov 29 – Dec 15, 2022
Tuesdays and Thursdays
Time: 5:00 – 6:30 pm
Place: OHHS weight room

Weight training

Dates: Jan 3 – Feb 2, 2023
Tuesdays and Thursdays
Time: 5:00 – 6:30 pm
Place: OHHS weight room

Conditioning

Dates: Feb 6 – Mar 9, 2023
Mondays through Thursdays
Time: 5:00 – 6:30 pm
Place: OHHS weight room, outside

Tryouts

Dates: Mar 13 – Mar 16, 2023
Time: 4:30 – 6:30 pm
Place: OHHS soccer field, small gym

Team Announcements and Team Outing

Date: Friday, Mar 17, 2023
Time: 4:30 pm



Note: Any activity on or after March 13, 2023, will require an up-to-date physical exam (completed after 4/15/22) and paid insurance.