



ZEBS Summer Soccer Training Packet



This packet contains all the information you need to know about summer training opportunities for ZEBS. This year we are offering three different training options.

1. ZEST

- a. This is a 5 week soccer specific conditioning camp. Players will get touches, condition, and lift three days a week for two hours a session.

2. Summer Soccer at Holland

- a. Players will get a chance to play teams from around the area. Varsity plays on Tuesday's and JV on Thursday's.

3. Team Camp

- a. A week long camp right before the season starts. Three hours in the evenings will be dedicated to learning the ZE style of play.

Costs:

ZEST: \$90.00 (includes t-shirt)

Team Camp: \$60.00

Summer Soccer at Holland: \$10.00 (includes t-shirt)

Bundle: If player participates in all three training opportunities the price will be \$150.00 instead of \$160.00

ZEST 2019

ZEST (Zeeland East Soccer Training) is a soccer specific summer conditioning program offered to East soccer players at the middle school and high school levels. The program focuses on skills and abilities that are specific to soccer. Players will develop their agility, footwork, strength, endurance, and mental toughness that will maximize their performance on the field.

As a coaching staff we could not be more excited for another summer of growth!

Following each session of ZEST, high school boys and girls have one hour of lifting at the high school with Coach Heald!

Instructors

Zack Williams- Boy's Varsity Coach
Joe Grit- Girl's Varsity Soccer Coach
Tony DiLaura- Girl's/Boy's Middle School Coach
Jaelyn Wynia- Girls Varsity Assistant Coach
Andrew Marsh- Girl's/Boy's JV and Middle School Coach
Aaron Good- Girl's Middle School Coach
Oylvia Putnam- Former ZE Soccer Player
Ty Kindred- Former ZE Soccer Player

Location

Soccer Training: Zeeland East High School Soccer Complex
Lifting: Zeeland East Weight Room

Cost

High School Athletes

Boys: \$90.00 - includes one hour of soccer specific training **and** one hour of lifting each day
Girls: ***\$75.00 - includes one hour of soccer specific training **and** one hour of lifting each day
***H.S Girls will start on the 17th at a reduced price

Middle School Athletes

\$70.00 - includes one hour of soccer specific training each day

Dates

June 10-27 and July 8-18
Mondays, Tuesdays, and Thursdays

Sign-Up

Drop off the form & payment in Room 204 at Cityside or the Athletic Office at ZEHS

Make all payments to Zeeland East Soccer

Girls Schedule (Mon, Tue, Thurs) Soccer Specific Training: 8:45-9:45 High School Lift : 10:00-11:00	Boys Schedule (Mon, Tue, Thurs) Soccer Specific Training: 9:50-10:50 High School Lift: 11:00-12:00
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Email zwilliam@zps.org if you have any questions.

Name: _____

Address: _____

Grade Fall '19 (circle one) 7 8 9 10 11 12 Gender: M / F

Email: _____ Phone _____

Parent/Guardian Signature _____

Emergency Contact _____ Phone _____

T-Shirt Size (Adult) S M L XL (circle one)

Make checks payable to: Zeeland East Soccer



Summer Soccer League at Holland

Holland High School will host scrimmages this summer starting in early June and ending in mid-July. Varsity plays on Tuesdays and Junior Varsity plays on Thursdays. Game will be at 5:30 or 6:45 There is a \$10 registration fee for each player. If you are interested in playing please fill out you form and return it with the \$10 registration fee to the Zeeland East Athletic office. Game shirts will be handed out in May.

Athletes Name: _____

Grade going into the fall 2019 season: _____

Shirt Size: _____

Parents Name: _____

Emergency Contact # _____

VARSITY SCHEDULE

June 11- 5:30 - 6:40 Fennville vs Zeeland East

June 18- 5:30 - 6:40 Zeeland East vs Holland

June 25- 5:30 - 6:40 Zeeland East vs West Ottawa

July 9- 6:45 - 7:50 Fennville vs Zeeland East

July 16- 6:45 - 7:50 Zeeland East vs Holland

JV SCHEDULE

June 13- 5:30 - 6:40 Black River vs Zeeland East

June 20- 5:30 - 6:40 Zeeland East vs Holland

June 27- 5:30 - 6:40 Zeeland East vs West Ottawa

July 11- 6:45 - 7:50 Black River vs Zeeland East

July 18- 6:45 - 7:50 Zeeland East vs Holland

Zeeland East Soccer Team Camp

Zeeland East Coaching staff will be holding a Soccer camp July 22-26th. This camp will be open all incoming 7th-12th grade boys interesting improving their soccer knowledge, and skill. The coaching staff is committed to helping develop athletes that have a superior tactical and situational knowledge of the game as well as solid fundamentals and advanced skills.

Who:

Any player interested in participating in the Zeeland East Soccer Program grades 7-12 in the fall season of 2019

What:

A chance to have a week of training with future teammates and coaches. This week long camp will provide an opportunity to come in to the season with an understanding of what ZE soccer is like at the middle school and high school levels of play.

When:

July 22-26 from 5:00 pm-8:00 pm

Where:

Zeeland East Soccer Complex

Cost:

\$60.00 per player. Drop off the form & payment in Room 204 at Cityside or the Athletic Office at ZEHS

Make all payments to Zeeland East Soccer

Email zwilliam@zps.org if you have any questions.

Name: _____

Address: _____

Grade Fall '19 (circle one) 7 8 9 10 11 12 Gender: M / F

Email: _____ Phone _____

Parent/Guardian Signature _____

Emergency Contact _____ Phone _____

Make checks payable to: Zeeland East Soccer