

# **BARBERTON SOCCER**

## 2008 Spring/Summer Workout Schedule

Summer open weight-room times will be announced at a later date. Sites in Barberton that are available for distance running (where level surfaces are) include Lake Anna, the BHS Track, and the Barberton Community Foundation Complex.

### OPEN FIELDS

THE BHS PRACTICE FIELD IS THE BEST PLACE TO PLAY AND THIS ALLOWS THE OTHER FIELDS TO GROW PROPERLY AND NOT GET OVERUSED.

### BARBERTON HIGH SCHOOL SUMMER WORKOUT

The summer workout is where it all begins. The work that you will put in during the summer of 2008 will help set the tone for what the fall season will be. Our goal should be to be one of the best teams in the Suburban League and to be one of the best teams in DIVISION ONE in the State of Ohio.

How does this happen? It will take place by following the workout that is based on a week by week progression. The physical conditioning should be balanced by trying to get touches in everyday with a soccer ball. For some of you this will not be a problem, especially if you are playing spring and/or summer with your club team (travel or GAASA). Our team goal is to have every one of our players to run two miles under sixteen minutes when we meet for **TEAM CONDITIONING** on Monday, July 28, 2008.

You should challenge yourself to out-work every player and every team in the Suburban League. The only way that this can happen is if you train and push yourself running, lifting, and with the soccer ball. We will not accept anything but the best from everyone!

The program will be available during the first week of May. Please stop in my room and pick up your packet. Good luck and have a great summer!

Coach Sabol

TEAM CONDITIONING STARTS ON MONDAY, JULY 28, 2008 AND CONTINUES TILL FRIDAY, AUGUST 1, 2008. CONDITIONING WILL TAKE PLACE AT THE BHS SOCCER/TRACK STADIUM FROM 6:00 P.M. - 8:00 P.M. PLAYERS SHOULD BRING RUNNING SHOES AND WATER.

### FYI

- The BHS Weightroom Open Lifting - SEE PAGE ONE
- Once school starts, training will be 3:45 p.m. - 5:45 p.m. on Tuesdays and Thursdays (BHS Practice Field - located inside the BHS Sports Complex).
- We will lift as a TEAM on Mondays, Wednesdays, & Fridays once school starts (3:00 - 3:30). Training on these days ends at 6:00 p.m.

### Remember when working out to do all of the following:

- PAIR-UP WITH OTHER PLAYER(S) & RUN, LIFT, AND GET TOUCHES WITH THE BALL
- CANNOT GET TO A WEIGHT-ROOM? PUSH-UPS AND SIT-UPS ARE THE NEXT BEST OPTION.
- Warm-up all muscles with a light walk, jog, and/ or juggling soccer ball.
- Do sport specific stretches (soccer).
- Challenge yourself to do the summer workout.
- Cool down with a light jog or a walk
- Stretch Down

PLEASE BE ADVISED THAT THESE DATES/TIMES ARE SUBJECT TO CHANGE  
DUE TO SCHEDULE CONFLICTS OR FACILITY AVAILABILITY.

<u>EVENT</u>	<u>DATE(S)</u>	<u>TIMES</u>	<u>LOCATION</u>	<u>WHAT TO BRING</u>
BHS School PHYSICALS <b>Cost: FREE</b>	Week of: May 26 or June 2	6:00/6:30	BHS	ATTENDANCE AT Athletic Department MEETING AND ALL FORMS FILLED OUT COMPLETELY.
SUMMER LEAGUE \$20.00	JUNE & JULY (4 - 6 Games)	6:00/6:30	TBA	SHINGUARDS, WATER, PURPLE T-SHIRT, AND A WHITE T-SHIRT
OPEN FIELDS	June/July	6:00 - 7:00	Practice Field	Water, Shinguards, etc.
7 v. 7 TMT.	June 14 or 21	All Day	Jackson	\$20.00 per player
Adidas Tournament	July 25 -27	TBA	Strongsville, Ohio	Soccer Gear (Cost ?)
YOUTH CAMP  <u>Grades 1-8</u>	JUNE 23- JUNE 26 (Senior Hours)	6:00 P.M. - 8:00 P.M.	BHS TRACK/ SOCCER STADIUM	WEAR BHS SOCCER T-SHIRT(S) TO EACH DAY OF CAMP
<u>TEAM CAMP</u> - Conducted by Tim Mead (Walsh University Men's' Head Coach)	July 28 - July 30 <u>Cost \$80.00</u> (Minimum of 18 to have camp @ BHS)	9:00 a.m. - 2:00 p.m.	Barberton High School	Indoor Shoes. Outdoor Shoes, Ball, Water, Lunch, and all necessary Soccer equipment.
CONDITIONING	July 28 - August 1	6 - 8 P.M.	July 28 & 29 @ the BHS Practice Field July 30 - August 1 at BHS TRACK	RUNNING SHOES & WATER
ALUMNI MATCH	AUGUST 2	5:00 p.m. - W 6:30 p.m. - M	GAME FIELD	SUPPORT OF BHS SOCCER ALUMNI
TWO-A-DAYS  MANDATORY	Mon. 8-4-08 Tues. 8-5-08 Weds. 8-6-08	<u>Training</u> 8:30 - 10:00 <u>BREAK</u> 10:00 - 10:30 <u>Training</u> 10:30 - NOON	BHS Practice Field	SHINGUARDS, WATER, SNACK, SOCCER BALL, INDOOR & OUTDOOR SHOES
TRAINING MANDATORY		8:45-11:00 Till 8/22/08  3:45-6:00 beginning 8/25/08	BHS Practice Field	SHINGUARDS, WATER, SOCCER BALL, INDOOR & OUTDOOR SHOES

QUESTIONS??? CALL Coach Sabol @ 330-848-3753.