

HALL HIGH SCHOOL BOYS SOCCER

Zeke Seguro, Head Coach

Dear 2017 Boys Soccer Candidate,

Below is the information for boys' soccer try-outs for the 2017 season. You must be registered with the athletic department by **August 23rd** in order to begin soccer try-outs on Thursday, August 24th. The first day of school this year is Wednesday, August 30th.

Fall Athletic Registration is available online from July 1st through August 23rd at whathletics.org

Fall Sports Physicals (only if you can't get one by your own doctor) –

Wednesday, August 23rd at 8:00 a.m. at Conard High School in the nurse's office. No appointments necessary, first come, first serve - arrive at 7:45 a.m. to get in line. Bring a physical form signed by your parent giving permission for the school's doctor to give a physical.

Try-out schedule

Thurs. 8/24- freshman only 3-4:30pm and sophomores, juniors and seniors 4:30-6pm

Fri. 8/25- 9-11 am and 3-5:30pm

Sat. 8/26- 9-11am and 3-5:30pm

Sun. 8/27 - OFF

Mon. 8/28- Freshman 3-5pm; Varsity/JV home scrimmage 4:00 pm

Tues. 8/29 – 3-5pm

You must follow the summer conditioning program in order to be ready to go on the first day of practice.

Pre-Season Camp:

Coach Ferguson will offer a preseason camp from Monday, August 21st through Wednesday, August 23rd from 4-6:30 pm. This camp is run through the town of West Hartford, so you MUST register through leisure services for program #411618A (Registration begins July 1st <https://www.westhartfordct.gov/leisureonline> or by calling 860-561-7510). This opportunity helps to develop their skills, enhance their understanding of the game, and improve their conditioning. This camp is in **no way mandatory** and in **no way improves your standing with the coaches** (apart from the benefits already stated) in regards to making a team.

Have a great summer and I look forward to seeing all of you on August 24th. Please don't hesitate to call me at home with any further questions.

Yours in Soccer,

Coach Zeke Seguro

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Phone – 860-490-7555

975 North Main Street – West Hartford, CT 06117

Home Phone - (860) 490-7555

Visit Hall's Website: <http://hall.whps.org> – click on athletics on the left hand side

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SUMMER CONDITIONING PROGRAM

Please follow the program below during the summer to be ready for try-outs.

All candidates should be able to complete a 2-mile run (in 12 minutes or better for sophomores, juniors and seniors and in 14 minutes or better for freshman) on the first day of try-outs.

Please begin and end all workouts with a 10-minute stretching program.

AEROBIC TRAINING

June – three days per week, alternate 2 or 3 mile run

- A. 2 mile run should be around 14 – 15 minutes (sophomores, juniors, and seniors) and 16-18 minutes (freshman)
- B. 3 mile run should be around 22-23 minutes (sophomores, juniors, and seniors) and 23-25 minutes (freshman)

July – four days per week, alternate 1, 2, and 3 mile runs

- A. 2 mile run should be at 14 minutes or better (sophomores, juniors, and seniors) and 14 minutes or better (freshman)
- B. 3 mile run should be at 22 minutes or better (sophomores, juniors, and seniors) and 25 minutes or better (freshman)

August – three or four days per week

- A. 2 mile run times should be at or below our goal of 12 minutes (sophomores, juniors, and seniors) and 14 minutes (freshman)

ANAEROBIC TRAINING

June – three days per week, preferably running the program indicated below on alternate days from the distance program

Option #1:	10 – 50's	Option #2:	5 – 50's	Option #3:	4 – 50's
	8 – 110's		10 – 110's		6 – 220's
	4 – 220's		2 – 220's		

In June, run the above ANAEROBIC TRAINING PROGRAM options at $\frac{3}{4}$ speed and rest between sprints. Time your sprint and give yourself 3x your workout as a rest interval.

Example: 110-yard sprint in 20 seconds
Rest interval – 3x20 seconds = 60 seconds (1 minute)

July – use the above interval program at full speed with the same rest ratio.

Incorporate an adequate warm-up prior to any full-speed sprint.

Example: Start every interval day with a few $\frac{1}{2}$ to $\frac{3}{4}$ speed time while using 25-50 yards for distance.

August – using the interval options available. Change your rest period ratio.

Example: 220-yards in 40 second
Rest interval = 2x40 seconds = 80 seconds (1:20)

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