

Women's Soccer Summer Opportunities

The following summer activities are optional. Participation during tryouts is mandatory in order to join one of our teams.

Spring Kick Around/Practice

May 29st & 30th from 3:30-5:00 at SHS stadium.

Fun exercises and drills for incoming and current Bowmen players. Just show up when you can!

Summer Training Sessions—Cost \$60

Velocity training & practices sessions are held to increase skill, speed, strength and agility in preparation for the upcoming season. Players will be coached on techniques and skills designed to fit players of all abilities.

Week #1 June 18th (8:30-10) SHS Turf & 20th (8-8:45) SHS Turf

Week #2 June 25, 26, 27 (8:30-10) SHS Turf

Week #3 July 2, 3, 4 (8:30-10) SHS Turf

Week #4 July 9, 10, 11 (8:30-10) SHS Turf

Week #5 July 16, 17, 18 (8:30-10) SHS Turf

Week #6 OSAA MORATORIUM WEEK 7/22-7/29 (No Training Allowed)

Week #7 July 30 & August 1st (8:30-10) SHS Turf

Bring both running shoes and cleats

Bowmen Challenge Camp—Cost \$60

August 6th-August 9th from 8:30-10 @SHS stadium. Intense conditioning and practice camp to get athletes ready for the 2018 season. Bring running shoes and cleats.

2018 Tryouts

August 13th-15th from 8:00-11:00@SHS stadium

We will offer 3 competitive teams to play on. Selections will be made Wednesday and practices begin Thursday.

For updates look at the following resources

Facebook: Bowmen Women Soccer

Twitter: Bowmen Women Soccer @shswsoccer

Program Website: www.sites.google.com/site/shswsoccer

Coach Hartman: email--shswsoccer@gmail.com

.....**Sign Up Form**.....

Sign up for:

- Summer Training \$60 June 18
- Challenge Camp \$60 Aug. 6 (T-shirt)

T-Shirt Size: S M L XL

I hereby authorize all medical, surgical, diagnostic and hospital procedures as needed to be performed by a treating physician in the event of an emergency and cannot be reached. I agree that neither I, nor my child, will bring any claims of any kind against Bowmen Women's Soccer camp instructors or the Sherwood School District as a result of any injuries, expenses, or damages that I, or my child may suffer in connection with my child's participation.

Player Name:

Parent Signature

Make checks payable to: **Sherwood Girls Soccer**

Send registration and payment to:

Katie Hartman

17134 SW Stellar Dr.

Sherwood, Or 97140