

Women's Soccer Summer Opportunities

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

Spring Kick Around/Practice

May 30st & 31st from 3:30-5:00 at SHS stadium.

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

Velocity Training

Monday & Wednesday 8:30-10am at Snyder field

June 19th- Aug 2nd A way to increase speed, strength and agility in preparation for the upcoming season.

No training on July 24th or July 26th.

Training on 6/19 & 6/21 will be at the HS on the JB bball field

Tuesday Practice

6/27, 7/11 & 7/18--8:30-10:00am at Snyder Field. Practice sessions on Tuesdays throughout the summer. Players will be coached on techniques and skills designed to fit players of all abilities.

Bowmen Challenge Camp

August 7th-August 10th from 8:30-10 @SHS stadium. Intense conditioning and practice camp to get athletes ready for the 2017 season. Bring running shoes!!

2017 Tryouts

August 14th-16th 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:

Velocity \$40 June 19

Challenge Camp \$50 Aug. 7 (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

Amount enclosed: \$

Send registration and payment to:

Katie Hartman

17134 SW Stellar Dr

Sherwood, Or 97140