



Welcome

Hi! I'm _____. This season's Head Coach for the _____. It's shaping up to be a great season so far, but I just had a few things to go over with you.

Our first practice will be Monday, August 3rd from _____ - _____ @ _____. If you need directions, please let me know. Should the time, duration or location change I will let you know. We will be practicing Monday-Friday this week.

I have also listed what your child needs to wear and be bringing with them to the first week of practice. Again, more information will be forthcoming with handouts etc. as we go along.

Should you have additional questions or concerns before practice starts on Monday, please feel free to call me at _____.

*It's important that all players arrive to practice fully dressed and ready to go on time, for every practice!

ALL PLAYERS REQUIRE 10 HOURS OF CONDITIONING TO RECEIVE EQUIPMENT. ATTENDANCE WILL BE TAKEN AT EACH PRACTICE. SENIORS WILL RECEIVE THEIR EQUIPMENT ON AUGUST 7th, ALL OTHER DIVISIONS WILL RECEIVE THEIR EQUIPMENT ON AUGUST 8TH. TIMES TO FOLLOW.

NO PLAYER TO PRACTICE WITHOUT COMPLETED HEALTH SCREEN FORM FROM PHYSICIAN TURNED INTO THE YFL OFFICE.

The first week of practice we will be focusing on conditioning and teaching/re-learning the proper techniques for playing this sport, and the all important task of getting to know each other and gelling as a team and teammates.

Week 1: Conditioning (10 Hours)

- Shirt with player's last name (2 inch lettering) on the back. This can be a regular T-shirt (for the first week) however; the player will need a mesh jersey large enough to fit over shoulder pads by week 2. (Goleta Sports or Sports Authority are great places to find a practice jersey's. You can get the lettering applied on the back of the practice jersey's at Goleta Sports or Aggressive Soccer).

- Shorts

- Cleats