



June 5, 2009

Dear Varsity Soccer Candidate and Parents:

Now that summer vacation nearly has begun, I need to review plans for the preseason. Our first training sessions will be on Saturday, August 22nd (9:00-11:00 am.). Generally, we will have two sessions on each weekday at these times through September 4th, with allowances for scrimmages. Even if you do not consider yourself to be a varsity candidate, I encourage you to come out. Your skills and conditioning will improve, and you will be able to play in a variety of scrimmage situations.

As always, a major focus for the two week period will be on physical conditioning. Those of you who are competing for the varsity roster need to be in top physical and mental condition. We have an ambitious schedule and nearly fifty candidates will be coming out. Flats/running shoes should be brought to every training session. There will be a timed, 2 mile run early in the pre-season. Varsity candidates should set a goal of finishing in less than 13 minutes, 40 seconds.

Brooke Wood-Holdt will be the head coach of our jv. We are in the process of interviewing several candidates to assist us.

I encourage varsity candidates to develop a training program prior to the start of pre-season. Many are playing on various teams and/or attending soccer camps. Co-captain Reiss Dhillon has arranged for Sean McCafferty to run a camp at Tatnall during the late afternoons or evenings during the week of August 17<sup>th</sup>. If you are interested, and a serious varsity candidate, contact Reiss ([england9892@gmail.com](mailto:england9892@gmail.com)). Also, Tatnall's weight room will be open this summer from 3 to 6, Monday through Friday. Please contact Mr. Wermus ([wermus@tatnall.org](mailto:wermus@tatnall.org)) if you are interested in his conditioning program suited specifically for soccer.

You will not be allowed to practice in August unless you have an updated DIIA medical form (they can be downloaded from the athletics link on the Tatnall website). They must be dated after April 1, 2009, and given to Mr. Palfrey or me prior to the the first day of practice.

There will be several minor expenses to account for. All players will need to provide their own practice equipment including shin guards. Once the season begins, practice t-shirts and warm-ups also may be purchased on a voluntary basis.

Parents should forward email addresses as soon as possible to Eileen Freeman ([emf619@aol.com](mailto:emf619@aol.com)), mother of Brad, another of our co-captains. This will ensure that important information is disseminated quickly and efficiently.

Lastly, parents are encouraged to attend an informational meeting at Tatnall on September 2nd at 6 pm. to meet the coaching staff and review team policies. All fall teams will meet on the same evening.

As always, should you have any questions please call (484-832-3482) or e-mail ([schluter@tatnall.org](mailto:schluter@tatnall.org)). I look forward to seeing you on the 22nd.

Sincerely,

Coach Schluter

### **Preseason Schedule**

Aug 22	first training session	9-11 am.		
Aug. 22 or 23	alumni scrimmage	3 pm.	varsity	home
Aug. 28	ShIPLEY School	12 noon	varsity/jv	away
Sept. 4	St. Mark's H.S.	9:30 am.	varsity/jv	home
Sept. 9	Hodgson Vo-Tech	4 pm.	varsity	away

### **Regular Season Schedule**

Can be accessed on Tatnall website

