



Dublin Jerome Mens Soccer 2021

PHASE 1-Off Season- Jan-Feb (Strength Training begins Jan 17)

- **Strength Training** (Wed 7pm, Fri 3pm, or alt. Tues 5pm, Thu 5pm) @DJHS Weight Room. The winter is the best time to be making strength gains. These will be our time to work out together as a team but space will be limited because of Covid restrictions. Mike Durant will support and push you to the next level. Make this your priority and it will enhance your performance.
- **Cardio Endurance:** Recommend working on conditioning at least 2 other days of the week. Club practices can help, but there should be some sort of work on your own. Invest in yourself and your team by making your fitness better. Work on sprint intervals and varying speeds based on the demands of the game. 20-30 minutes should be your goal workout.
- **Futsal Sessions:** TBA, at this point we do not have a scheduled time in the Aux gym. The goal will be to have open sessions 1 time a week, and they may need to be on weekends?
- **Incoming Freshmen** we are working on connecting you to the Program. Stay tuned for details to begin conditioning in May. All Freshman should register for the season at: www.jeromesoccer.com (once registered you will get a link for TeamSnap.)
- **Registration:** All returning players must register for the 2021 season at: www.jeromesoccer.com (you will have the option to sign up for team camp as well.)

PHASE 2-Off Season-March-May

- **Strength Training** will continue through team workouts at the same time as above (or possible adjustments). Please take advantage of our weight facility, Durant will modify your workouts based on your CLUB schedule.
- **Player Meetings:** Provided we can meet in person, we will have sign-ups for players to individually meet with coaches on performance, goals, and the upcoming season. Virtual meetings may take place of in-person?
- **Freshman:** There will be a freshman parent meeting at some point in May. Freshman players should be plugged into TeamSnap at this point.

Pre Season PHASE. June-July (starting June 4th.)

- **Weekly Sched:** Monday (Strength Training/Conditioning) TBD, Wednesday (Strength Training/Conditioning) TBD, Friday (Open Fields) 6pm-8pm
- **Important Items in June:** Liberty 6v6 Freshman Tournament: Friday June 26th.
- **Important Items in July:**
 1. Youth Camp: July 26-29 (5pm-7pm) Returning players working
 2. Team Camp: July 26-29 (7pm-9pm) All (sign up when you register for season)
 3. DSC Showcase: July 30-31 (All Day) All (sign up when you register for season)

Expectations:

*Arrive 15 minutes early to events. Greet each other and help coaches with equipment

*Be **equipped** (soccer cleats, running shoes, water, etc)

*Players **communicate** absences or conflicts with Coach directly.

***Community Service-** the **Youth Camp** and **other outreaches to come** are events that we are committed to invest into our community.

***Academics (GPA)** compete in the classroom, your effort this 2nd semester reflects your eligibility for next season.

Competitive PHASE. August-November

Tryout- August 2, 3 (team selection) ***Season Practice** begins Wed August 4th