

Hampden Academy Boys Soccer program summer sessions:

The Hampden Academy boys' soccer summer programs are for those boys that are considering playing soccer for Hampden Academy next fall. Participation is by invitation and is strictly voluntary. If you chose to attend summer session, it does not guarantee a spot on the team in the fall. If you chose not to attend, it does not rule you out of a spot on the team next fall.

However, from a coaching standpoint, we cannot stress enough how important summer sessions are to our preparation for next fall. We will play our first league game only 18 days after the first day of tryouts. That means a week of tryouts, 1 ½ weeks of team practices and then games. If you not touched a soccer ball all summer, this is an incredibly short time period to regain your touch and learn how to flow as a team (not to mention, getting into soccer shape).

Additional opportunities are being explored to open the Hampden Academy fitness center for those players that want to add strength training as part of their preparation for the fall season. In addition, we will also have separate training opportunities on the HA track for speed, endurance and agility sessions.

We understand that summers are for family time and the boys will have the opportunity to attend other summer athletic sessions. If they do not plan to attend summer soccer sessions, we ask that they remain active and come to pre-season (August 13th) with a high level of soccer fitness and you are ready to show themselves in the best possible light during tryouts.

Expectations:

- Positive attitudes only. Summer sessions are as much about team building as improving tactical and technical abilities.
- We will have some sessions that are repetitive and are intended for you to learn new skills and train your muscles to use that skill in a reactionary mode (muscle memory).
- Although training sessions may not be as fun as scrimmages, they are important to your overall development as a soccer player.
- Without exception, you must treat all teammates as equals in all aspects. If you do not, the invitation for you to participate in the remainder of the summer sessions may be rescinded. The invitation for you to participate is on a session by session basis.
- You can come to as many or as few sessions as you would like. However, I want to discourage any of you that may be considering just coming to scrimmages and not coming to any practice sessions.

Friendly games

- Friendly games will not be about winning or losing. Everybody will participate.
- Additional games are being discussed and will be added.
- In order to cover the cost of officials for the friendly games, there will be participation fee of \$20.
- Travel to and from the scrimmages is the responsibility of the families.

Important Dates:

June 18th – July 26th: Summer sessions (see schedule below)

July 30th – August 12th: “Hands off” period mandated by Maine Principals Association. Coaches and players are not allowed to have any contact.

July 1st -August 8th, 2018: Fall Sports Sign-up through “FamilyID” on Hampden Academy website (<http://ha.rsu22.us/athletics/fall-sports/>).

No later than August 3rd, 2018: RSU #22 Interscholastic Sports Physical forms must be turned into the Hampden Academy nurse for approval.

No later than August 8th, 2018: All Participation documents must be in the possession of the Athletic Department in order to tryout.

August 13th through August 28th

- HA Boys soccer pre-season/try-outs begins and will include a morning session and a late afternoon/early evening session.
- “Meet the Coaches” night will be held during this time period and will include an overview of the Hampden Academy Athlete Handbook, athletic trainer services as well an introduction of the coaches.
- Pre-season scrimmages.

Saturday, August 25th: “Play Day” for varsity & JV at Hampden Academy.

Wednesday, August 29th: First school day for freshman

Miscellaneous:

Game and practice schedules will located at: <http://hampdenathletics.us/> under “Boys Varsity Soccer”.

Follow @HampdenSoccer on Twitter for practice updates all summer long.

Varsity training sessions during the school year are normally held right after school ends for the day.

JV training sessions during the school year are normally held at from either 5:30 PM – 7 PM or 5 PM – 6:30 PM (depending on daylight).

If there is a steady rain near the practice time, then it will be cancelled.

Summer schedule (tentative):

Week #1

Monday, June 18 th	5:30 PM – 7:30 PM, Upper baseball field
Wednesday, June 20 th	5:30 PM – 7:30 PM, Upper baseball field
Thursday, June 21 st	5:30 PM – 7:30 PM, Upper baseball field

Week #2

Monday, June 25 th	5:30 PM – 7:30 PM, Upper baseball field
Wednesday, June 27 th	5:30 PM – 7:30 PM, friendly vs Bangor Christian, UBBF
Thursday, June 28 th	5:30 PM – 7:30 PM, Upper baseball field

Week #3

Monday, July 9 th	5:30 PM – 7:30 PM, Upper baseball field
Wednesday, July 11 th	5:30 PM – 7:30 PM, Upper baseball field
Thursday, July 12 th	5:30 PM – 7:30 PM, friendly vs Hermon, UBBF

Week #4

Monday, July 16 th	5:30 PM – 7:30 PM, Upper baseball field
Tuesday, July 17 th	friendly vs Bangor, 6 PM, Union Street fields
Thursday, July 19 th	5:30 PM – 7:30 PM, Upper baseball field

Week #5

Monday, July 23 rd	5:30 PM – 7:30 PM, Upper baseball field
Wednesday, July 25 th	5:30 PM – 7:30 PM, friendly vs John Bapst & Presque Isle (split squad)
Thursday, July 26 th	5:30 PM – 7:30 PM, Upper baseball field