**Winnacunnet Boys Soccer- 2020**

No Player Can practice without:

**Written proof of a PHYSICAL EXAM taken AFTER June 1, 2020 All Areas need to be filled out please**

**Athletic Contract and Emergency Card will both be online once school has ended, the sign up is through family ID, a link will be posted on the WHS Athletic Website:**

[**https://www.winnacunnet.org/athletics/**](https://www.winnacunnet.org/athletics/)

**What you Need for Practice:**

BLUE PRACTICE SHIRT (Available on or around first day of preseason, Aug 17th)

PUMPED UP SOCCER BALL WITH NAME ON IT

WATER/DRINK

RUNNING SHOES

SOCCER CLEATS

SHIN GUARDS

SOCCER SOCKS

**Summer workouts and fitness**

We are currently awaiting guidance in terms of summer workouts due to the current Covid19 situation, please follow our twitter account @Winnawarsoccer for updates. In the meantime we encourage you to get in pre season shape by running both short distance sprints as well as long distance, we would like to see players between a 6 and 7 minute mile time. We will be doing fitness testing during preseason to determine what shape you are in. Working out with the ball is vital as well, we encourage you to get between 500-1000 touches on the ball daily.

**About the program**

We are fortunate enough to field three teams (Freshman, JV and Varsity) in Division 1 Soccer in NH. Although we are one of the smallest schools in D1 by enrollment we maintain a competitive nature against several of the bigger schools in the state. Last season we made the tournament and lost in penalty kicks to the eventual state champion Hanover. We pride ourselves on working as hard and as smart as possible on a daily basis while also enjoying the game of soccer.

**WHS Boys Soccer Expectations**

We expect you as a student athlete to first off enjoy the upcoming season and **have fun**. You will be successful this year if you focus on three things your family, your school work and Winnacunnet soccer in that order. As a member of this athletic team and Winnacunnet High School you must **RESPECT** your coaches, teammates, officials, opponents, teachers/staff members, and other members of the community.

High school soccer is a step up from middle school, we will be playing against schools which have almost double the enrollment we have, in order to be successful you need to come in with the attitude of working hard and giving your coaches and teammates your full attention. Coming into preseason out of shape will make participating difficult. Please ensure you run and get a ball at your feet this summer.

Sportsmanship goes along way with the coaching staff any disrespectful act will lead to disciplinary action including social media, please note that any act of disrespecting opponents, teammates, coaches, etc is a Zero-Tolerance act and is punishable by dismissal from the team. Any drug or alcohol use is illegal and will ABSOLUTELY NOT be tolerated, any use is punishable via suspension from games to suspension from sports for a whole year or even for your high school career at WHS.

We also expect you to be committed to this program, you signed up and are here today because you enjoy to compete at a high level of competition. Playing a high school sport is a privilege, it is not a right, you must earn that privilege through your responsibility to show up on time to games and practices with all equipment, supporting your teammates, bringing your best effort in school and on the field and bring a positive attitude every time your step on the training and game field. If you meet or exceed these expectations we promise you that this season will be special and fun! Preseason starts Monday August 17th at 7:30am sharp and runs the entire week. We strongly encourage any vacation or time away from this start date and first week be communicated to us asap and if possible try to move the time prior to this first day of tryouts. Please don’t hesitate to call or email if you have questions.

Twitter: @WinnaWarSoccer

Head Coach Nick Rowe 802-274-5305,

Email: lsckeeper40@yahoo.com

WHS ATHLETIC OFFICE: 603-926-9604