

2015 Okemos High School Boys Soccer

Coaches

Head Varsity Coach – Brian Guggemos – steinguggemos@att.net

Assistant Varsity Coach – Keith Miller – keith.miller@okemosk12.net

Head JV Coach - Josh Coty - josh.coty@okemosk12.net

Volunteer Coaches - John Folino, Mike Loveless, & Rodger Meschke

Dates to Remember

- Summer Soccer League Games (**June 16, 23, & July 7, 14, 21**) – Please note we will play a doubleheader on one of these dates. All games are played at the **Kenneth Hope Soccer Complex**. The two teams will be run by Rodger Meschke (JV) and Miguel Plascencia (Varsity). Cost is \$35. If interested, please let me know.
- Summer workouts will start the first week of summer (Week of June 7). A calendar will be posted shortly (either emailed or linked on the Okemos Athletics Soccer Webpage) that will list the dates and times. I anticipate the weekly workouts will be Sunday at 7pm (soccer tennis @ Chippewa tennis courts) and Tuesday/Thursday @ 10-11:30am (fitness, positional training, and pick-up at Wardcliff Elementary). These are a great opportunity to meet the guys, get touches on the ball, and get in extra fitness. **Please note that we have a mandatory “off week” from June 28-July 5.**
- **July 27-30** - Viva Maroon Youth Soccer Camp at OHS (10 – Noon) – We need Sophomore/Junior/Senior volunteers to help the high school coaches. All proceeds go directly to the soccer program.
- **July 27-30** – High School Soccer Camp (contact Community Education – 706-5020)
All levels – 3-6pm (Chippewa Middle School – in back)
- **August 3, 5, 7, & 10** - Summer Fitness & Tests – 9am @ Chippewa Middle School Track
Players in town should attend all of the sessions to take the fitness test and continue to work to develop strength and conditioning needed for a long season of soccer. Players who cannot attend will take the fitness test on the first day of tryouts (Wednesday, August 12).
(MUST HAVE A COMPLETED PHYSICAL TO PARTICIPATE – NO EXCEPTIONS)

Fitness Requirements - Players must pass this test or will continue to run it until it is passed (or the shuttle test is passed). If a player does not pass the fitness time, game time will be missed.

Varsity Players	1.5 miles in 9 minutes or under
JV Players	1.5 miles in 9:45 or under

- **August 12-14 - Tryouts**

All Teams

All four grades will be together for the Wednesday morning practice. After this practice, the coaches will identify the “varsity candidates” and those players will then train with the varsity coaches. The remaining players will train with the JV team. Final team selections will be made on Friday, August 14 (Varsity-morning & JV-afternoon).

Tryout Schedule - Please note that all sessions are scheduled for Chippewa (back fields)

Wednesday, August 12	9-11 am (Everyone)	3-5pm (JV candidates) 7-9pm (Varsity candidates)
Thursday, August 13	9-11 am (Varsity candidates) 11-1pm (JV candidates)	6-8:30pm (Everyone @ Dewitt High School for scrimmages)
Friday, August 14	9-11 am (Varsity team selected)	1-3pm (Varsity practice) 3-5pm (JV team selected)

- **August 15** - Scrimmage tournament at Canton (Varsity and JV) - Times TBD
- **August 17–21** – Both teams will probably run two practices a day (9-11am and 3-5pm). I know that there are some other school related functions (testing out, mentoring, etc.) this week. Please know that the coaches are understanding and will work around these. If there is a school related conflict, please communicate with the coaches as soon as possible. Also, please note that the practice schedule could change depending on the coaches.
- **August 22** – First games at Forest Hills Central Tournament (Varsity and JV)
- **August 24 - Labor Day Weekend** - Teams will practice daily (Monday-Friday), except when there are games scheduled. Practice times will be determined by the coaches. There will be no practices September 4-6.

Misc. Info...

- Player registration fee is \$360. This is refundable if you are not placed on a team.
- Players must find their own transportation to weekend games. The school does not provide it.
- To complete the online player survey, go to <http://goo.gl/forms/YU8wEHFZLG>
- Please stay off of the OHS practice field during the summer. Use Chippewa or Wardcliff as much as possible. Thank you very much for your help with this.
- Spirit wear order forms will be available during the camp week and immediately after the teams are selected.

Email – Brian Guggemos (head coach) – steinguggemos@att.net – to be added to the main distribution list. If you have questions, please have players contact me directly.