

Astoria High School Boys Soccer -- SUMMER DATES AND DETAILS

Head Coach - Lee Cain - 503-298-9776 (cell)

EMAIL: lcain@astoriak12.org

Astoria High School -- main office 503-325-3911

Important Dates:

June 6 -12:00 noon - Information/interest meeting at AMS

June 7 - 3:30-6:00 PM - Functional Movement Screen at Astoria High School in the AHS weight room.

The functional movement screen is a 15 minute assessment of athletes' strength and flexibility designed to identify areas of need specific to each individual so they can move better and train more efficiently at a higher level. Optional for incoming players but VERY useful in avoiding injury.

Summer Practices:

Will be twice per week, likely one morning and one evening session. Days and times are TBD - will be emailed out soon. Held in Warrenton at the LCYSA complex unless otherwise notified.

Summer practices are optional, but are VERY useful in getting ready for the season and getting to know the team in a friendly, more relaxed format. Show up dressed and ready to play in shorts and shin guards (bring water bottle). You do not need paperwork to participate in summer voluntary practices and camps (physicals, blue card, insurance, etc.) until August 15.

June 14 5:00-6:30 PM - first summer practice at Warrenton Soccer Complex (field TBD)

June 22 OR June 29 - 6 v 6 friendly tourney with Seaside High School. Location will either be Warrenton or Seaside

Aug 12-14 - North Coast High School Soccer Camp and tournament - Camp Kiwanalong and LCYSA fields (Player Fee = \$125, pays for 3 days two nights room and board + referees)

Aug 15-19 - Conditioning Week - location will vary, but mostly Astoria

Aug 22 - Mandatory Practice starts (after school, will be at CMH, Tapiola, and Warrenton)

**** AN EMAILED SURVEY of best practice times WILL BE SENT June 6th - please respond to it that day**