

# Zeeland East-Cityside Middle School Boys Soccer

## Summer/Fall 2017

### Coaches

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### Season Information

Practice/Try-Outs start on Monday August 21, 2017 at the Cityside Middle School Soccer Complex on the corner of Main St. and Fairview Rd. (88<sup>th</sup> Ave.) which is also located next to the ZPS Bus/Transportation Department. All student athletes **MUST** have a physical on file before try-outs start. **Please note that the first two weeks of practice are held before school starts.**

#### Practice/Try-Out Schedule:

Monday August 21, 2017: Practice/Try-Outs 3:15PM-5:00PM

Tuesday August 22, 2017: Practice/Try-Outs 3:15PM-5:00PM

Wednesday August 23, 2017: Practice/Try-Outs 3:15PM-5:00PM

Thursday August 24, 2017: Practice/Try-Outs 3:15PM-5:00PM

**Friday August 25, 2017: Practice/Try-Outs 3:15PM-5:00PM**

**-Final Team Selection/Formation to be made at the End of Practice.**

Monday August 28, 2017: Practice 3:15PM-5:00PM

Tuesday August 29, 2017: Practice 3:15PM-5:00PM

Wednesday August 30, 2017: Practice 3:15PM-5:00PM

Thursday August 31, 2017: Practice 3:15PM-5:00PM

Friday September 1, 2017: NO PRACTICE

Once school begins practice will be after school typically from 3:15PM-5:00PM on days we don't have any games, however practice times are at the coach's discretion.

Games will be mostly on Tuesday's and Thursdays with some games also occurring on Mondays and Wednesdays. On game days 7<sup>th</sup> Grade Games will start at 4:00PM and 8<sup>th</sup> Grade Games will start between 5:00PM-5:15PM. All home games as of right now will be played at Cityside Middle School Soccer Complex. Depending on scheduling; some home games may be played at the Zeeland East High School Soccer Complex.

Our first game is Tuesday September 5, 2017 at Zeeland West-Creekside.

### Summer Soccer Information & Opportunities

#### Summer MS Soccer Camp

This summer for the first time we will be offering a Zeeland East-Cityside MS Boys Soccer Camp. This camp will be run by current Zeeland East Varsity Soccer Players and Zeeland East Soccer Alumni. The cost of the camp is FREE (Yes really FREE!). The camp will be held at the Zeeland East High School Soccer Complex. The schedule of the camp is below, it is HIGHLY ENCOURAGED and HIGHLY RECOMMENDED that all MS boys soccer athletes attend this free camp.

Monday June 12, 2017: 9:00AM-12:00PM

Tuesday June 13, 2017: 9:00AM-12:00PM

Wednesday June 14, 2017: 9:00AM-12:00PM

Thursday June 15, 2017: 9:00AM-12:00PM

### ZEST (Zeeland East Soccer Training)

ZEST is a five (5) week summer strength and conditioning program held exclusively for Zeeland East High School and Cityside Middle School soccer plays. ZEST is entering into its 3<sup>rd</sup> year and is run by following coaches:

Zeeland East Boys Freshman Coach & Girls JV Coach Zach Williams  
Zeeland East Boys Goalkeeping Coach & Freshman Assistant Coach Josh Gillett  
Zeeland East Boys Varsity Coach Todd Kamstra  
Zeeland East Girls Varsity Coach Jonathan Elgersma.  
Zeeland East Girls MS Soccer Coach Aaron Good  
Zeeland West Girls MS Soccer Coach and Zeeland East HS Teacher Tony DiLaura  
Zeeland East MS Boys & Girls Assistant Soccer Coach Jared Suits  
Zeeland East Boys & Girls Soccer Alumni

There is the full five (5) week option and a week by week option. Please see the ZEST handout/sign-up for more information.

ZEST is HIGHLY ENCOURAGED and HIGHLY RECOMMENDED for all Zeeland East High School Soccer Players and Cityside Middle School Soccer Players. However ZEST is not mandatory.

### PSV Camp

PSV Camp is soccer camp hosted by the Zeeland East Boys High School Program and is exclusively open to all Zeeland East and Cityside boys' soccer athletes. PSV is a professional soccer club in the Netherlands and we host their camp every year at the Zeeland East Soccer Complex. Please see PSV handout/sign-up for more information. The camp is July 24-July 28 and runs from 9:00AM-12:00PM everyday.

PSV camp is HIGHLY ENCOURAGED and HIGHLY RECOMMENDED for all Zeeland East Boys High School Players and Cityside Middle School Soccer Players. However PSV camp is not mandatory.

### Individual Summer Conditioning Expectations

It is expected that throughout the entire summer soccer athletes are running 1 mile a day (2.5 miles a day biking) or 2 miles every-other day (5 miles every-other day biking) along with doing 50 push-ups (5 sets X 10 push-ups) and 50 sit-ups (5 sets X 10 sit-ups) every other day throughout the entire summer. Coaches will be able to tell during try-outs if you have not been conditioning throughout the summer!