

Century High School

Girls Summer Soccer Program

Everybody has the will to WIN.

The ones who succeed are those who have the WILL to PREPARE to WIN.

This summer workout program is designed to prepare you for the upcoming soccer season. By following this program, you should improve your endurance, strength, and speed.

Try to use this program as a guide that best fits your needs and schedule. You should try to push yourself at every workout. By the time you come to tryouts, you will not have a problem with aches and pains if you have worked hard over the summer. Coming to the first day of tryouts in good condition will make the upcoming season much more enjoyable and successful for you and the team.

You should try to begin following the workout schedule as soon as possible.

****Important Information****

Tentative Schedule for Tryouts:

August 12 7 -10am

August 13 7 -10am

August 14 7 – 10am

August 15 Tryouts or Practice-time to be determined

Cuts will begin after tryouts and a meeting will be held for all players who make the team.

*****Please bring water or snacks (if you need them)!!!!**

Equipment needed for tryouts

- ♣ ***Required Forms (***See the (Century Athletics Fall 2020 attached page) to make sure all required paperwork and information is complete***) If it is not complete, then your child/children will not be able to tryout)**
- ♣ Running Shoes
- ♣ Cleats
- ♣ Shin Guards
- ♣ Ball (make sure it is pumped up please)
- ♣ White t-shirt with name (Incoming Freshman)
- ♣ Colored t-shirt(10th-gray, 11th-green, 12th-blue)
- ♣ WATER
- ♣ Sunscreen
- ♣ **Please feel free to contact us with any questions!!!**

Coach Figuly: sdfigul@Carrollk12.org

Coach Johnson: coach.dyronjohnson@gmail.com

Century Knights Women's Soccer

The past several seasons were exceptional for the Lady Knights! In 2013, the Varsity team won the State Title. In 2014, they made an appearance in the Regional Championship and in 2015/2016, they were a State Semi-Finalist. They also won the County Title for five consecutive years before losing it in 2017. This past season in 2019, the Lady Knights were County and Regional Champions. They only recorded one loss all season and that was in the State Semi-Final. This has given Century a reputation as having a very competitive soccer program. We continue **to raise the bar** higher and higher with our expectations. Summer time gives each of you the unique opportunity to **prepare** for the upcoming season.

The following are some suggestions for you to focus on:

ALL POSITIONS FOCUS ON:

✗ **Winning the ball out of the air** ✗ **First touch** ✗ **Ball control** ✗ **Aggressiveness** ✗

Forward Focus:

- ✗ Attack goal with speed/control
- ✗ Finishing (placing your shot)

Midfield Focus:

- ✗ Crossing (placement)
- ✗ Finishing (distance)

Defensive Focus:

- ✗ Clearing the ball
- ✗ Finding feet

Goal Keeper Focus:

- ✗ Punting ✗ Upper body strength
- ✗ Diving ✗ Goal kicks

Conditioning

- ✗ Play for a **solid** 30 minutes straight
- ✗ 120 yards (*about the length of one soccer field*) under **20** seconds
- ✗ 400-meter sprint in **less** than 65 seconds
- ✗ 300 yard shuttle (*from the goal line to half 6 times straight*) under **60** seconds
- ✗ Set of lines (*goal line, 6 yard box, 18 yard box, half, 18 yard box, 6 yard box, other goal line*)
- ✗ 1 mile under 7 minutes
- ✗ 2 miles under 15 minutes

Weights/Strength/Conditioning

- ✗ Weight room at Century High School
- followed by conditioning and play sessions run by upperclassmen
Days and Times: To be determined

Century Athletics Fall 2020

Mission Statement:

Century High School's mission is to provide a rigorous athletic program which complements and supports a challenging academic program that is committed to creating a safe, yet supportive, learning community.

Core Values:

C - Character – Respect, responsibility, and integrity are the foundation of good character.

H - Honor – A sense of what is right or proper.

S - Sportsmanship – Playing fair, respecting the officials, treating opponents with respect, and being gracious in winning or losing.

1. Key Information and Dates:

What does your son/daughter need in order to participate in High School Athletics?

- * Physical – good for 13 months, must be current from within the year.
- * FamilyID Registration – This is an online registration for all fall Athletes. Physicals can be printed out from this site and uploaded to your Registration. It should be active to register on 6/15/20.

Century - <http://www.familyid.com/century-high-school-4744558e-cabe-4f0a-a7fb-a3d229003dc2>

1. **Impact Concussion Testing:** Is optional, it's not required to participate in high school sports. Please check with the school for dates that it will be offered if interested.

2. **Tryout Dates:** The first day of tryouts is Wednesday Aug. 12th. Tryouts will last 3 days, minimum. Practices are 5-6 days a week based on the team and they start right away.

*****All athletes need to be present for the beginning of fall sports on August 12th. (Please schedule vacation plans before this date.)**

3. **Picture Day:** Tuesday August 25th @ 3:00, Picture forms will be distributed.

4. **Meet the Coach Night:** Tuesday August 25th @ 7:00, at least one parent should try to attend.

5. **Athletic Fees:**
\$105/child, \$150 total/season/family, \$50 for Corollary Sports.

6. **Athletic Boosters:** Please support our booster group and visit the website at www.centuryathleticboosters.org

7. **Contact information:** Randy Pentz – Athletic Director
rspentz@carrollk12.org or 410-386-4400

Coaches information: Can be found at the Century High School website.