

### **Summer Camp:**

Date : June 20-23rd

Time: 10:30-12:30pm

Location: Hill-Murray Stadium

Cost: \$150

Activities: Grade 6-12

Learn how to improve your technical and tactical skills while becoming physically stronger. Other activities include fun warm-ups, passing techniques and drills, possession and competitive games, 1v1, 3v3 tournaments, and shooting exercises.

**Registration:** <https://hillmurray.cf.affinetyolutions.com/>

### **Summer Training:**

The leadership committee will conduct a series of training sessions throughout the summer. All girls interested in playing in the fall are encouraged to attend the sessions.

**Dates:** June: 14th,16th,28th,30th

July: 12th, 14th, 19th,21st, 26th, 28th

August: 2nd, 4th, 9th and 11th

**Time:** 8-9:30 am

**Location:** Lower level field ( softball field)

**Fall sports online registrations:**

**Start: TBD**

register here: <https://hillmurray.cf.affinety.com/>

**Fall sports Kick-off:**

**Date: August 9th, 2022**

More information will be given as we get closer to the date.

**Feed my Starving Children: August 13th**

Time: 9- 11 am More information will be provided as we get closer to dates, such as sign-up and other logistics.

Sign up: <https://www.fmcs.org/join-group?joincode=352NPP>

**Tryouts:**

**August 15th- 19th:**

Open to 9-12 Graders

\* 8th graders are encouraged to try out for a high school team. However, there is no guarantee that they will be making a High School team.

Dates:

**Monday, August 15th:** Morning - 8-10 am Stadium

Afternoon: 3- 5pm Grass

**Tuesday 16th:** Morning - 8-10 am Stadium

**\*Bring your tennis shoe and cleats to the morning session \***

Afternoon: 2:30-4:30 pm. Stadium

**Wednesday 17th:**

Afternoon: 2:30-4:30 pm.

**Thursday 18th:** Morning - 8-10 am Stadium

Afternoon: 2:30-4:30 pm.

**Friday 19th:**

Afternoon Practice 2:30 - 4:30 pm Stadium

**What to bring:** a Soccer ball, a white T-shirt, appropriate clothes for the weather, shin guards, water, cleats, and a tennis shoe.

**Evaluated:** Technical, Tactical, and Physical aspects of the game of soccer

We will be conducting pool training throughout the week. The players will be placed in their respective teams by the end of the week.

### **Apparel for Fall 2022**

This year's apparel kit will be 2 Training T-shirts, one sweatshirt, and a pair of pants.

The apparel has already been ordered during the spring.

### **Program meeting**

More detailed information regarding the season will be discussed, such as expectations for both players and parents.

August 19th: Location: School Cafeteria

Time: 5 -7 pm

### **Calendar for Fall 2022**

An updated schedule will be shared soon!

### **Bus Schedule 2022**

An updated schedule will be shared soon!

### **Philosophy:**

The girl's soccer program at Hill-Murray is a program that develops student-athletes that will be responsible, honest, loyal, and will possess strong leadership skills. Our philosophy is to teach young minds how to conduct themselves and become excellent leaders in tomorrow's society through the game of soccer (football in the rest of the world). I believe the soccer game will teach our students about the complexity of life. The players will learn how to solve problems in the difficult situations they will encounter. The program will lead them to be positive and creative thinkers. It will also teach them to be dedicated to themselves, the team, their coaches, and their fans. The program will emphasize the technical, tactical, and physical aspects of the game.

We are looking forward to an exciting and successful year.

### **Quotes:**

"Efforts and courage are not enough without purpose and direction."

John F. Kennedy

**"There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits."**

**"Don't compare your results to some else's, you can never be another person. You can only be a better version of yourself."**

**" Probably the main thing players and coaches have taught me is to always work hard, never give up and fight until the end. Because it is never really over until the whistle is blown."**

**" I learned all about life with a ball at my feet"**

**"Every day is a chance to get better."**

**" Failure happens all the time. it happens every day at practice. What makes you better is how you react to it."**

**" Failure is an event, not a person."**

**"Future success is based on present productivity. Success is about steady thought and working overtime. Don't rush results; invest in them!"**

**"A group becomes a team when each member is sure enough of himself and his contributions to praise the skills of the others."**

**"The best players define themselves by the reaction to mistakes. In training, they learn from them - in games, they forget about them. It is a learnable skill."**

**"The vision of a Champion is someone who is bent over, drenched in sweat, at the point of exhaustion when nobody else is watching"Anson Dorrance.**

**" While a person hesitates while he feels inferior, the other is busy making mistakes and becoming superior." Henry Link**

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