



## Dublin Jerome Boys Soccer 2024

Website: [www.jeromesoccer.com](http://www.jeromesoccer.com)

Twitter/Instagram: @DJHSboysoccer

### PHASE 1-Off Season- Jan-Feb (Strength Training begins Jan 8)

- **Strength Training** (Mon 2:45pm, Tues 2:45pm, Thu 2:45pm) @DJHS Weight Room. The winter is the best time to be making strength gains. These will be our time to work out together as a team along with other fall athletes. Certified strength trainer Bryce Cheek will support and push you to the next level. Make this your priority and it will enhance your performance. Strength Training is only for HS players until the end of spring
- **Cardio Endurance:** Recommend working on conditioning at least 2 other days of the week. Club practices can help, but there should be some sort of work on your own. Invest in yourself and your team by making your fitness better. Work on sprint intervals and varying speeds based on the demands of the game. 20-30 minutes should be your goal workout.
- **Futsal Sessions:** Monday's, at 7:30pm in the Aux gym. The goal will be to have open sessions 1 time a week.
- **Incoming Freshmen** we are working on connecting you to the Program. Stay tuned for details to begin conditioning in May. All Freshman should register for the season at: [www.jeromesoccer.com](http://www.jeromesoccer.com) (once registered you will get a link for TeamSnap.)
- **Registration:** All returning and new players must register for the 2024 season at: [www.jeromesoccer.com](http://www.jeromesoccer.com) (you will have the option to sign up for team camp as well.)

### PHASE 2-Off Season-March-May

- **Strength Training** will continue through team workouts at the same time as above (or possible adjustments). Please take advantage of our weight facility, Strength Coach Bryce will modify your workouts based on your CLUB schedule.
- **Player Meetings:** During weight trainings or office hours, we will have sign-ups for players to individually meet with coaches on performance, goals, and the upcoming season.
- **Freshman:** There will be a freshman parent meeting at some point in April. Freshman players should be plugged into TeamSnap at this point. Freshman can get started in optional weight training on Tues/Thur (see TeamSnap sched)

### Pre Season PHASE. June-July (starting June 3<sup>rd</sup>.)

- **Weekly Sched:** Monday (Open Fields), Wednesday (Strength Training/Conditioning), Friday (Strength Training/Conditioning/Skill Sessions)
- **Important Items in June:** Jerome 6v6 Freshman Tournament: (select players) TBA
- **Important Items in July:**
  1. Youth Camp: July 22-25 (5pm-7pm) Returning players working
  2. Team Camp: July 22-25 (7pm-9pm) All (sign up when you register for season)
  3. DSC Showcase: July 26-28 (All Day) All (sign up when you register for season)

#### Expectations:

\*Arrive 15 minutes early to events. Greet each other and help coaches with equipment

\*Be **equipped** (soccer cleats, running shoes, water, etc)

\*Players **communicate** absences or conflicts with Coach directly.

\***Community Service-** the **Youth Camp** and **other outreaches to come** are events that we are committed to invest into our community.

\***Academics (GPA)** compete in the classroom, your effort this 2<sup>nd</sup> semester reflects your eligibility for next season.

#### Competitive PHASE. August-November

**Tryout-** August 1, 2 (team selection) \***Season Practice** begins Mon Aug. 5<sup>th</sup>.