

May 23, 2010

Dear Scorpion Soccer Player,

FALL 2010 SEASON (4TH SEASON SINCE INCEPTION) FOR SCORPION SOCCER IS COMING AND WE WILL BE READY! WE ARE VERY EXCITED FOR THE RETURNING PLAYERS AND OUR NEW RECRUITS COMING IN THE PRESEASON AND STARTING TO WORK TOGETHER ON ACHIEVING OUR GOALS – IN SHORT - WINNING THE REGULAR SEASON, RRAC CONFERENCE TOURNAMENT, AND GOING DEEP INTO THE NATIONAL TOURNAMENT – FINAL 4 AS A MINIMUM. THE MOST IMPORTANT THING IS YOU COMING IN FIT FOR THE PRESEASON. THE PACKAGE WE ARE SENDING WILL HELP YOU BE READY!!! NOT MUCH CHANGES SINCE LAST YEAR – WE BELIEVE IN THE PROGRAM. ONLY CHANGE IS THAT THE RETURNERS WILL “INTENSIFY” THE WORKOUT & ADD TO IT IF NEEDED.

The most important part of the part of this program is 11-week conditioning and weight training program and make sure to contact me if you have any questions about it. This simple program will provide a great base for us to built on in preseason, and ensure that we do get to postseason!

IMPORTANT DATES:

- May 24th – TODAY!!! 11 Week Training Program Start!!! – Ends August 7th
- August 8th – Preseason Check-in Date / 9am-12nn / move in, team dinner, equipment, meetings
- August 9th – Training Starts
- August 28th – Season Starts vs. William Carey U. (#3 IN THE NATION – NAIA FINAL RANKING)

It is imperative that you not only come on August 8th ready for the season, but also make sure that the rest of the team is prepared and ready. By passing the fitness test you will be able to play, and with more than 75% of the team passing it – team will be exempt from 6am conditioning (only players who don't pass will do extra conditioning sessions / & will have to pass before they can play!).

You will receive team contact info (couple of players will be added before preseason), and it is on you as well to make sure everyone is doing their job in preseason. You already received tentative game schedule.

Have a great summer! NO EXCUSES – JUST RESULTS!

Coach Nik



Nikola Barjaktarevic

HEAD WOMEN'S SOCCER COACH

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PRESSURE IS A PRIVILEGE! GO SCORPIONS!