

## EUHS SOCCER PROGRAM

TRUSTS in the “E”

Early, Effort, Earn, Endurance, Excellence, Encourage

EVERYONE EVERYDAY!

THE “E” never comes off!

- I. **We are a PERSON PROGRAM**
- II. **We are a high level STUDENT-Athlete program.**  
**Off Season TRAINING Program**
- III. **Fall Sports and Training:**
  1. We are HUGE SUPPORTERS of our fellow EUHS programs and the expectation is you compete in a Fall Sport to help create a STRONG SCHOOL WIDE ATHLETIC PROGRAM plus get ready for our winter season!
    - a) Cross Country / Winter Sport Training
    - b) Volleyball
    - c) Tennis
    - d) Girls Golf
    - e) Water Polo
  2. We will have 2 day a week practice in the fall, LATER IN THE EVENING and possibly Saturdays
  3. Weight Room and Strength Training is an expectation!!!!
- IV. **Club Teams and High School Program**
  - A. You can play both but keep in mind **THEY ARE 2 VERY DIFFERENT** types of games and requirements.
- V. You must be **fast, strong, and in shape** **BEFORE** the season begins.
- VI. **Ways to stay in Contact with the program:**
  - A. **Use REMIND APP:** class code @euhs22
  - B. Or text @euhs22 to 81010
  - C. Instagram: @euhs22soccertrack
  - D. On the web @ [www.exetertrackandfield.com](http://www.exetertrackandfield.com)

Dates:	Activities:
<b><u>June 13th and 14th</u></b>	<b><u>ID camp for ALL PLAYERS in town. Need leaders to help with team building games</u></b>
<b><u>July 19th &amp; 21st</u></b>	<b><u>ID camp for ALL PLAYERS in town. Need leaders to help with team building games</u></b>
<b><u>July 26th &amp; 28th</u></b>	<b><u>ID camp for ALL PLAYERS in town. Need leaders to help with team building games</u></b>
AUGUST 1st	FALL SPORTS START!!! Cross Country/Winter Training, Water Polo, Volleyball, Tennis, Golf
<b><u>AUGUST 11th</u></b>	<b><u>FIRST DAY OF SCHOOL</u></b>
August 15th	<b><u>Off season Strength Training and conditioning Starts for all players.</u></b> Fall Sport athletes will be given their workouts that enhance their fall sports. Team members in Weight training will have different workouts
September 6th- October 7th	Off season 2 days a week practices start and <b><u>START OUR OPTIONAL BOOK STUDY</u></b> on <b><u>“CHANGING THE CULTURE OF EUHS GIRLS SOCCER AND LEAVING YOUR LEGACY”</u></b>

October 10-14th	Fall break
October 17th- 20th	Non-Fall sport practices start ( Mon-Thursday)
October 24th	<b>Full practices start</b>

Day	Date	opponent	Notes
Tuesday	11-8-2022	@ Woodlake Scrimmage	Club players can play
Wednesday	11-16-2022	Bullard Scrimmage (Home)	Club Players can play
Tuesday	11-21	Mission Oak ( Home)	Club players <b>CAN NOT PLAY</b> if they are not done
Saturday 11/19 to Sunday 11/17	NO PRACTICES.. GAME ONLY ON 11/22		
Tuesday	11/29	Mt Whitney (Away)	
Tuesday	12/6	Golden West (Away)	
Friday	12-16	Exeter Citrus Classic	
Saturday	12-17	Exeter Citrus Classic	
Thursday	12-22	Fowler (@ home)	
12/23 - 1/2	NO PRACTICE	NO PRACTICE	NO PRACTICE
TUESDAY	1-3 Practice		
Wednesday	1-4-2023	TW (@ home)	
Friday	1-6-2023	Bako Christian	AWAY????
<b>Monday</b>	<b>1-9</b>	<b>PRACTICE @ 4:15</b>	
<b>Tues</b>	<b>1-10</b>	<b>@ Kerman</b>	<b>LEAGUE</b>
<b>Thu</b>	<b>1-12</b>	<b>@ SP</b>	<b>LEAGUE</b>
<b>Tues</b>	<b>1-17</b>	<b>CVC</b>	<b>LEAGUE</b>
Thu	1-19	Selma	NON LEAGUE CROSSOVER
<b>Tue</b>	<b>1-24</b>	<b>@ Kingsburg</b>	<b>LEAGUE</b>
<b>Thu</b>	<b>1-26</b>	<b>Kerman</b>	<b>LEAGUE</b>
<b>Tue</b>	<b>1-31</b>	<b>SP</b>	<b>LEAGUE</b>
<b>Thu</b>	<b>2-2</b>	<b>@CVC</b>	<b>LEAGUE</b>
Tue	2-7	@ Selma	NON LEAGUE CROSSOVER
<b>Thu</b>	<b>2-9</b>	<b>Kingsburg</b>	<b>LEAGUE</b>