

Equipment

- ❑ Shinguards
 - NOCSAE
- ❑ FG Soccer Shoes
 - Molded cleats
 - No spike on toe
- ❑ Long-Sleeves
 - Must be same color as jersey
 - Red, White
- ❑ Does not have to be Nike





Pre-season

- ❑ Lifting & Conditioning
 - Tuesday/Thursday, 3:30-5pm
 - Saturday, 9-10:30am
- ❑ Indoor
- ❑ Individual workouts & touches
 - <http://www.linnmarsoccer.com/training.htm>
 - Coerver DVDs available




Deadlines & Timelines

- ❑ January 20
 - Online order window closes
- ❑ February 1
 - T-shirt fundraiser completed
 - Order forms and money due
 - Soccer Scarf fundraiser completed
 - Sales receipt and money due
- ❑ February 3
 - Poster Picture, 3:30
 - Letter-winners, Seniors*, Foreign Exchange
 - Seniors with 2 yrs experience



Deadlines & Timelines

- ❑ February 20 (Saturday)
 - Indoor soccer clinic, grades 1-6
 - Returning varsity players
- ❑ March 12
 - Physical, code-of-conduct, medical card on file
- ❑ March 15
 - Practice begins
- ❑ April
 - Games begin
 - JV, April 5
 - Varsity/F-S, April 8
- ❑ May 8
 - Outdoor soccer clinic



Communication

- Website
 - www.linnmarsoccer.com
- Email
 - linnsoccer@yahoo.com
- Facebook
 - Player Group, Current & Alumni
- Twitter
 - www.twitter.com/LinnMarSoccer
 - Receive text message updates
 - Text *follow linnsoccer* to **40404**
- Phone
 - 319.447.3079

