

# Lighthouse Christian Academy Men's Soccer 2010-11



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Thank you for showing interest in the LCA Men's Soccer team! Joining this team will take dedication and commitment. Come Fall we will be practicing 4 days a week, every week until the season is out. Games will be during the week and on weekends. The season will last from August thru October. You will have to be prepared to work hard and push yourself if you want to be a member of this team. Remember, we are playing for God's glory so we want to be the best we can be! Also, be ready to have a lot of fun!

Suggested Summer Training:

- STAY ACTIVE!!
- Stretch several times a week
- Running 8-10 miles per week (broken up throughout the week, but must run a mile or more each time)
- Follow the attached summer training program
- Juggle and dribble the soccer ball as often as possible
- Try to be involved with organized soccer in some capacity, be that Bloomington Cutters, Sports Plex soccer, or something else.
- "Open Gym" times will be available and facilitated by Coach Ostrom each week throughout the summer. These are not mandatory, simply suggested.