



James Hubert Blake High School Girls Soccer

300 Norwood Road, Silver Spring, Maryland 20902

Varsity Coach: Tucker Schrumm

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JV Coach Stan Hyman

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Summer Program:

Although these work-outs are not mandatory, they will be extremely beneficial for individual and team improvement. These sessions will consist of running/working-out/and playing soccer.

The summer training program will include the following:

Days	Location	Time	Activity
Tuesdays and Thursdays June 28 th – August 11 th	Blake High School Soccer Field	6:00-7:15	Fitness and Conditioning

Days	Location	Time	Activity
Wednesdays June 29 th -- August 3 rd	Blair High School	5:00-8:00	Pick-up Games (this will include a \$60.00 fee, for more information please email me directly)

Tryouts and practices during the season for both teams will be at the Blake High School...practices will run from 3:15-5:00 Monday through Friday (unless otherwise stated)...scrimmages will be announced later...the regular season schedule doesn't come out until early August... **See the calendar below for more details!!**

Physicals:

All girls must bring an up-to-date physical in order to tryout. Physicals are acceptable for one calendar year. Take care of this early to be the late summer rush. Each player must also have a completed Athletic Participation Form and Medical Card. All of the required forms can be found on the Blake High School website.

I look forward to seeing you this summer and fall. Any questions or concerns feel free to contact me!

Coach Schrumm

Lewis_Schrumm@mcpsmd.org

Blake Girls Soccer Summer and Pre-Season Schedule June/July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
		6:00-7:15 Fitness Training (Blake Track)	5:00-8:00 Pick-up (Blair Turf)	6:00-7:15 Fitness Training (Blake Track)		
3	4	5	6	7	8	9
		6:00-7:15 Fitness Training (Blake Track)	5:00-8:00 Pick-up (Blair Turf)	6:00-7:15 Fitness Training (Blake Track)		
10	11	12	13	14	15	16
		6:00-7:15 Fitness Training (Blake Track)	5:00-8:00 Pick-up (Blair Turf)	6:00-7:15 Fitness Training (Blake Track)		
17	18	19	20	21	22	23
		6:00-7:15 Fitness Training (Blake Soccer Field)	5:00-8:00 Pick-up (Blair Turf)	6:00-7:15 Fitness Training (Blake Soccer Field)		
24	25	26	27	28	29	30
		6:00-7:15 Fitness Training (Blake Soccer Field)	6:00-8:00 Pick-up (Blair Turf)	6:00-7:15 Fitness Training (Blake Soccer Field)		

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2 6:00-7:15 Fitness Training (Blake Soccer Field)	3 5:00-8:00 Pick-up (Blair Turf)	4 6:00-7:15 Fitness Training (Blake Soccer Field)	5	6
7	8	9	10	11	12	13 Tryouts 8:00-10:00 Training 3:00-5:00 Training
14	15 8:00-10:00 Training 3:00-5:00 Training	16 8:00-10:00 Training 3:00-5:00 Training	17 8:00-10:00 Training 3:00-5:00 Training	18 Tentative Scrimmage vs Sherwood at Farquhar (8:30 JV and Varsity)	19 8:00-10:00 Training 3:00-5:00 Training	20
21	22 Practice 3:00-5:00	23 Magruder Scrimmage @ Blake Stadium Field (V 3:30 and JV 5:00)	24 Practice 3:00-5:00	25 Scrimmage @ Northwood (V 3:30 and JV 5:00)	26 Practice 3:00-5:00	27 Smithsburg Invitational 8:00 a.m.-5:00 p.m Varsity Only
28	29 Practice 3:15-5:00	30 RM Scrimmage @ Blake on Practice Field (V 5:00 and JV 6:45)	31 Practice 3:15-5:00	1 Practice 3:15-5:00	2 Practice 3:15-5:00	3

- **Make sure ALL forms are turned in the first day of tryouts or you cannot tryout**
- **Get to each session 15 minutes in advanced**
- **Bring cleats, sneakers, shin-guards, and lots of water to each session**