

KNIGHTS

SOCCER



SUMMER TRAINING



TIME
8:30AM
-
10:30AM

**ATHLETIC
PRACTICE
FIELDS**

JUNE 20TH
-
AUGUST 10TH
M/W/F

**WHAT TO BRING. CLEATS, ATHLETIC SHOES,
WATER BOTTLES & ATHLETIC ATTIRE**

***OC FALL SPORTS &
CLUB ATHLETES ARE
EXEMPT**



2022 Summer Training Camp

Head Coach Anthony Quintanilla

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Assistants:

Marc de Faulkenberg, Austin de Faulkenberg

Joel Treijo, Angel Loza and Evan Sadler

Dead Period: May 29th-June 12th

When: Summer training begins June 20th & ends August 11th.

Times: 8:30am-10:30am

Days: Monday, Wednesday & Friday.

No practice July 1st & July 4th.

Who: Enrolled OC high school students who are not in a fall or club sport who would like to play soccer in the 2022-2023 season. Communicate with coaches about summer vacation plans as well as if you are able to make it to practices or not. It is strongly encouraged that all soccer athletes attend these training sessions outside of those who are in fall or club sports.

Goals for the Summer Training season:

- Increase Strength & Speed
- Improve Touches & Passing
- Improve Change of direction & lateral movements
- Improve stamina
- Improve on personal goals (will discuss day 1)

For any questions contact coach Quintanilla.