



2023 Summer Training Camp

Head Coach Anthony Quintanilla

Phone: 909-851-2762

Email: Aquintanilla@ocschools.org

Assistants:

Marc de Faulkenberg, Austin de Faulkenberg

Joel Treijo, Angel Loza.

Dead Period: May 28th-June 11th

When: Summer training begins June 20th & ends July 27th.

Times: 8:00am - 9:30am

Days: Tuesday, Wednesday, Thursday.

No practice July 4th - July 6th

Who: Enrolled OC high school students who are not in a fall sport and would like to play soccer in the 2023-2024 season.

Summer Guidelines: 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.

What to bring.

- **Soccer training apparel/personal equipment.**
- **Running shoes**
- **Water container**

Goals for the Summer Training season:

- Improve Touches & Passing
- Improve flexibility & mobility

- Improve Change of direction & lateral movements
- Improve finishing
- Improve stamina
- Have fun & grow together as a family.
- Improve on personal goals (will discuss day 1)

For any questions contact coach Quintanilla.

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KNIGHTS

SOCCER



SUMMER TRAINING



TIME
8:00AM
-
9:30AM

DATES
JUNE 20TH
-
JULY 27TH

DAYS
TUESDAYS
WEDNESDAYS
THURSDAYS

