



## 2024 Summer Training Camp

Head Coach Anthony Quintanilla

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Assistants: Austin de Faulkenberg, Tyler ford.

**Dead Period:** May 26th-June 10th

**When:** Summer training begins June 10th & ends August 1st.

**Times:** 8:00am-10:00am

**Days:** Tuesday, Wednesday, Thursday.

No practice week of July 4th

**Monday is 8:00am-9:00am. Weights only**

**Beach Day:** August 1st

TBD: Euro 2024 & Copa America Watch parties.

**Who:** Enrolled OC high school students who would like to play 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. For those in clubs, weights is still strongly encouraged!

**What to bring.**

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

*Returns please wear OC soccer apparel. Newcomers will receive gear when it arrives.*

Goals for the Summer Training season:

- Weight program to improve strength, flexibility & injury prevention.
- 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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# **JUNE 10TH-AUGUST 1ST**

**\*MONDAYS 8:00AM-9:00AM**

**TUESDAY-THURSDAY 8:00AM-10:00AM**

**WHO? ENROLLED 9-12 STUDENTS  
INTERESTED IN PLAYING SOCCER**

**WHERE? HS PRACTICE FIELDS &  
KNIGHTS CENTER WEIGHT ROOM**

**WHAT TO BRING? CLEATS, WORK  
OUT SHOES. WATER BOTTLE.**

**WHAT TO EXPECT: WEIGHT  
PROGRAM, SPEED TRAINING, FOOT  
WORK, POSITION TRAINING, ETC.**

**BEACH DAY AUGUST 1ST**

**\*INDICTES WEIGHTS ONLY OFF WEEK OF JULY 4TH 🇺🇸**