



2024 Girls' Soccer Summer Training

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Ontario Christian Lady Knights Soccer has a rich tradition of winning and developing great character in our student-athletes. We are entering our second season as a Division 2 team. To continue progressing and improving, there will be two one-week training sessions over the summer. These sessions will combine technical footwork, small-sided drills, and scrimmages. The girls' soccer program consists of both Varsity and Junior Varsity teams that compete in the winter season. To gain the biggest advantage and avoid any unnecessary delays to the start of our season once the new school year begins, these training sessions will serve as a way to evaluate each athlete and which team they are best suited to at the current time. The training sessions will serve as the initial and primary try-out for our teams. Final rosters will be established once training begins in the Fall. We understand that the Summer is a time of relaxation and vacation, however, unless you have a current family commitment, all players who intend to be part of the program in the Fall must be in attendance. The training sessions are open to all incoming students, current JV, and Varsity players. Student-athletes may not participate unless they are enrolled at Ontario Christian High for the new school year. Please tell everyone you know about our plans just in case we missed anyone.

What: Ontario Christian Girls Soccer Summer Training

When: 2 sessions

Session 1 = Monday, June 17th through Thursday, June 20th

Session 2 = Monday, July 8th through Thursday, July 11th

Time: 8 am - 10 am

Dead Period: May 28th - June 9th *coaches cannot be contacted during this time

**The weight room will be available Monday through Thursday, 8 - 9 am, June 10th through August 1st. The coaches from the boys' soccer team will lead the weight room training sessions. During the girls' summer training sessions, athletes are expected to be at the soccer training, not the weight room.