



CORE VALUES: S.T.R.I.K.E. (symbol – sword)
SUPPORT TRUST RESPECT IMPROVE KNOW EXCEL

Our “Why we play Kernel Soccer” (center of our logo)

Sword: Improve Ourselves Kernel: Compete to Win Ball: Love for the Game

MHS Boys Parent & Player Meeting, 5 APRIL THURSDAY, 7:00 pm — MHS Cafeteria

To prepare for our 2018 season, we have some excellent opportunities this Spring and Summer to get us ready.

WHAT: TIGER T3: Technical & Tactical Training

Soccer Skill Development with Coach Jose Lopez, DWU Men’s Head Coach

WHO: 6TH, 7th, 8TH (Currently) Grade MMS Students / JPII

WHEN: TUESDAYS: Starting 10 April, every Tuesday 7:30-9:00

WHERE: DWU-Avera Wellness Fieldhouse

COST: \$20 donation requested to DWU Soccer (please do not let this be yes/no criteria)

Sessions will be led by Coach Lopez, facilitated with Coach Novak and Coach Gebhard

*Waivers will be distributed for signature before the sessions begin



WHAT: TIGER T3: TECHNICAL & TACTICAL TRAINING

Soccer Skill Development with Coach Jose Lopez, DWU Men’s Head Coach

WHO: 9–12th Grade MHS Students

WHEN: THURSDAYS: Starting 12 April, every Thursdays 5:30-7:00 pm

WHERE: DWU-Avera Wellness Fieldhouse

COST: \$20 donation requested to DWU Soccer (please do not let this be yes/no criteria)

Sessions will be led by Coach Lopez

*Waivers will be distributed for signature before the sessions begin



WHAT: 3 V 3 / 4 V 4 OPEN FIELD (APRIL-JUNE)

WHO: Open to all Mitchell District students (6-12th grade)

WHEN: MONDAYS, Starting 16 April-25 June, 6:00-7:30 pm (*6/11 & 6/18 exceptions)

WHERE: Pepsi Soccer Complex, U8 Fields (closest to gazebos)

COST: FREE

MHS Coach will supervise.

WHAT: MHS BOYS SOCCER — RUNNING FORM CLINIC with Coach Fossum, DWU Track Head Coach

WHO: Open to all Mitchell District Students interested in playing soccer, Fall 2018

WHEN: 29, 30, 31 May – TUES/WEDS/THURS Time TBD

WHERE: Indoor Track, DWU-Avera Wellness Fieldhouse

COST: FREE

*Waivers will be distributed for signature before the sessions begin



WHAT: MHS Strength & Conditioning (separated by gender, age/ability, sport)

WHO: Open to all Mitchell District Students (6th-12th grade)

WHEN: Starts 1st week of June, Time TBD,

please input your requested time slot at the following site: <http://www.mitchellkernels.com/>
Time slots will be emailed to those who sign up through the web page link.

WHERE: MHS Weight room, North side of MHS

COST: FREE

MHS Strength and Conditioning Coach, Eric Witte, will supervise.



WHAT: MHS JUNE Summer Team Training TUES/THURS w/ Coach Novak

WHO: Any student interested in playing soccer in Fall 2018

WHEN: TUES/THURS IN JUNE. 7:00-8:30 pm on Tues, Thurs. June 5-28.

WHERE: Pepsi Soccer Complex, Field 3 (MHS Boys Practice Field)

COST: FREE



WHAT: Summer MHS BOYS Team Camp with Coach Jose Lopez and DWU Coaching Staff

WHO: Any student interested in playing soccer

WHEN: 16, 17, 18 July MORNING & EVENING SESSION, Times TBD, Mon, Tues, Weds

WHERE: Pepsi Soccer Complex, Field 3 (MHS Boys Practice Field)

COST: TBD* If cost is a factor, please contact Coach Novak, 605-770-3560.

We would like to work it so cost is not a prohibiting obstacle to your participation.

Please note: This is not a mandatory camp, but highly recommended.



30 July, Monday — First day of Training for the Fall 18 MHS Boys Soccer Season

4 August, Saturday – Uniforms and Team/Individual Pictures – 11:00 am @ Pepsi Gazebos

Please take advantage of these opportunities.



IMPORTANT – TEAMSAP:

ALL PLAYERS NEED TO DOWNLOAD TEAMSAP APP ON THEIR PHONE

ALL PLAYERS NEED TO MAKE SURE THEIR PLAYER PROFILE INCLUDES CELL# and/or SUMMER email (non-school k12.sd.edu)

Please mark your availability: These events will be added to our TEAMSAP Schedule, and you will have the opportunity to mark your availability (with a note) inside TEAMSAP. *Knowing numbers of athletes really helps the coaches to plan our training.*

Thank you, and please remember that conditioning and touches on the ball should not be limited to these specific events, but just be a part of your daily health and development.

Adapt. Overcome. Excel.

Coach Novak