

2024 Watchung Hills Lady Warriors Summer Information

Our offseason schedule is broken down into 4 areas:

- voluntary summer workouts (open to all players, including incoming freshmen)
- Governor Livingston 7v7 League (open to returning players first, then incoming freshmen depending on need)
- Monmouth University Women's Soccer 7v7 High School Festival (open to all players, including incoming freshmen)
- Brick Summer Soccer Festival (open to all players, incoming freshmen included)

Here are the dates for your calendar

-summer workouts (Voluntary workouts will be held at Greenbrook Middle School. All workouts will be on the turf, and the running track): 6/24, 6/27, 7/1, 7/8, 7/11, 7/15, 7/18, 7/22, 7/25, 7/29, 8/1, 8/5, & 8/8. Please bring running sneakers, cleats and a drink to each workout. The workouts will take place from 8:30-10:45AM.

-Governor Livingston 7v7 Tuesdays (cost per team is \$550): 6/25, 7/2, 7/9, 7/16, 7/23, 7/30. This league is open to all players, including incoming freshmen. Game times are either 5, 6 or 7pm. Again, when I get more details, I will let everyone know.

-Monmouth University Women's Soccer 7v7 High School Festival. (cost per team is \$475): Saturday, July 27th. We've had 2 teams for this event in the past, and I'm hopeful we can do that again this year. The event has between 20-24 teams. There are 4 groups of 5 or 6 teams. Each team plays 4, 30 minute games. There is a point system that is used for each game, and the team that accumulates the most points after your 4 games, wins the group and moves on to the semifinals. The 2 winners of the semifinals play for the championship. Last year we struggled to get interest/availability for 2 teams, so I'm holding off on entering a second team for now. As we get closer, if there's enough interest, we can certainly look to add a second team if there's room in the tournament. All the games are played right on the campus of Monmouth University, and it's a morning and early afternoon event.

-Brick Summer Soccer Festival. Drum Point Sports Complex in Brick. (cost per team \$350): Saturday, August 10th. 5, 35-minute games (11v11). I will start asking for interested players in late June, once we start our workouts. This event has been a great evaluation tool for the program, so I'm hoping if you're looking to gain an edge with the program, you can join us.

-1st day of mandatory practice is Monday, August 19th. More information to follow during the summer.

-If anyone has concerns or questions, please feel free to contact me, Brian Figueiredo, via email: Brianfig73@verizon.net