



Hello NHS Soccer Program,

I am getting the WAAG out to you early this week because we have schedule changes so you can plan ahead. Due to the excessive heat forecasted for next week, the AD office said that outside training will not be allowed from 11AM - 8 PM each day. That is why we made schedule changes to both field and weight training (see below). Remember that these sessions are voluntary. If you have conflicts (i.e. summer school, work, vacation, etc.) just let the coaching staff know. We understand. We just wanted to make sure we could get training in as opposed to complete cancellations.

Schedule

- **Monday, 6/17**
 - Field Training 7-9AM at WRE Soccer Complex
 - Weight Training, 9:30-10:30 AM. Enter Gate 17 on the back drive
- **Tuesday, 6/18**
 - No official training...get in some cardio, get some touches on the ball, run the **beep test** to get a baseline for your fitness, etc.
- **Wednesday, 6/19**
 - Field Training 7-9AM at WRE Soccer Complex
 - Weight Training, 9:30-10:30 AM. Enter Gate 17 on the back drive
- **Thursday, 6/20**
 - Battalion Thursday, 7-9 AM at WRE Soccer Complex. Each week we will have different battalion challenges (4v4 tournaments, soccer tennis, pacer beep conditioning test, etc.) to promote team building and camaraderie. Battalion captains will communicate through the week. At the end of the summer the winning battalion gets some NHS Soccer swag. Battalions can be found [HERE](#). After 2 weeks, Battalion 6 is in the lead followed closely by Battalion 5...but there is a lot of summer left. Keep working hard.
- **Friday, 6/21**
 - Enjoy your Friday
- **Saturday & Sunday, 6/22 & 6/23**
 - Enjoy your weekend.

- Enjoy Moratorium. We are back at it Monday, July 8th

Reminders and Action Items

1. **FinalForms:** The [FinalForms website](#) is active for the 2024 school year. Both Students and Parents must have logins. If you participated in a sport (even at the middle school level) you should already have active accounts. Both Parents and Athletes must fill out all the forms (this includes checking boxes for some forms). You must also indicate in your FinalForms account that you are part of the boys soccer program. Otherwise, you will not show up on my end in FinalForms and I will think that you are ineligible to train this summer. Finally, all athletes must have current physical exams on file. This year, the AD office just informed me that they would like everyone turning in a physical exam to UPLOAD it as a PDF directly to FinalForms and then email Bobbi Davis (bobbi_davis@nobl.k12.n.us) in the AD office once you have uploaded it. You must also make sure that not only have the parents/guardians completed all forms but the athletes must complete their forms too. This tends to be the biggest issue we have. Athletes forget to fill out the forms which is why they remain red in FinalForms. If you need any help with the FinalForms website, here is a [VIDEO](#) created by another school district. Not all info pertains to us but it should still be very helpful. If you are not **GREEN** (i.e. have filled out all forms and uploaded a physical exam) in FinalForms you will not be able to participate in summer training until you are green.
2. **2024 Euro Pool:** Just a reminder that the Euro Pool begins TODAY at 3PM. Register at this link [HERE](#) and get your picks in prior to the first group stage game today (Germany vs. Scotland at 3PM).
3. **Pre-Season Showcase:** Every summer we enter 3 teams in the Mt. Vernon Pre-Season Showcase. We have 2 "varsity" split squad teams which consist of Sophomores - Seniors. We also have 1 "JV" squad which consists of only incoming freshmen. The showcase will be Saturday and Sunday July 20-21 at Mt. Vernon High School in Fortville, IN. Registration for the teams is on a first come, first served basis. Rosters will be limited to 22 players per team. There will also be a \$30 registration fee per player to pay for the entrance fee and referees (which will be paid to me as cash or check made out to "NHS Boys Soccer") If you would like to play in this showcase, please fill out this **GOOGLE FORM** now. If you filled out the form prior to receiving this newsletter, then you are confirmed for participation. Please get me the \$30 registration at your earliest convenience. ****We have space for 6-7 more upperclassmen. We have room for 15 more incoming freshmen. Sign up while spots are still available. **If the \$30 registration fee is a financial hardship on your family, please let Coach Doering or myself know as soon as possible. We can help with program funds.***
4. **Moratorium:** June 24th - July 5th is moratorium meaning we have NO training scheduled. Enjoy 2 weeks with your families. But also keep in mind that you should be keeping up with your conditioning. Continue to run the [beep test](#) to push your VO2 max.

Get touches on the soccer ball. Go play some pickup small-sided games with friends. When we return in July, we hit the ground running and want to pick up right where we left off, not starting from scratch.

5. **Winning Mindset:** I grew up playing soccer and also tennis. I loved watching Roger Federer play. He recently gave the commencement speech at Dartmouth. Here is a [snippet from that speech](#) that I hope resonates with all the athletes.

Thanks for reading.

Coach Dollaske

“Chop Wood, Carry Water”



Edward Jones®

