

Grant Women's 2019 Soccer Newsletter

The Generals Soccer Camps will run 2 weeks this summer, with the first week being mostly a conditioning camp and the second week a pre-tryout camp. The Conditioning camp will run August 5th to August 8th from 10am to noon at Grant Park Turf Field. The players will be pushing themselves to get ready for the upcoming tryouts and the fitness tests that happen during tryouts. There will be some work with the ball during this week and we will incorporate a lot of stretching and ADAPT warm-up to help with the player's flexibility and core strength.

The Pre-Tryout camp will be August 12th-15th, 5:30pm -8pm at Grant Park Turf Field. This camp will focus more on skill building and help players get ready for the upcoming tryouts.

Each camp will be \$75 per week but if you register for both the cost is only \$140. If you have any questions, please call Manolis Tjuanakis at 503-544-5107 or email mtjuanakis@comcast.net.

Checks need to be made out to: **Manolis Tjuanakis/Grant Women's Soccer**

Daily Double practice sessions will begin on August 19th. Sessions will run from Monday through Friday. Teams will be formed after the first week of Daily Doubles. Sessions begin each day at 9:00am to 11:00am, and 4pm to 6pm. These will be held at Grant Park Turf.

All players trying out for the upcoming 2019 season must be cleared through the Athletic office or online at <https://www.familyid.com/organizations/grant-high-school> before the first day of tryouts. All freshmen and juniors need to have a physical completed by a Doctor. Students must submit a current approved physical form to the Athletics Department prior to participating in sports. The form will be valid for 2 years, and does not need to be filled out for additional sports within the current year. Generally, students will need to complete these forms their Freshman and Junior years.

Daily Doubles: August 19th-23rd 9-11am & 4-6pm Grant Park Turf field.

Monday: 8/19 9-11am & 4-6pm

Tuesday: 8/20 4-6pm

Wednesday: 8/21 9-11am & 4-6pm

Thursday: 8/22 4-6pm, Team selection

Friday: 8/23 9-11am Team selection, and team pictures

*** If you cannot attend Daily Doubles please contact the Head Coach.***

***Team Training will begin August 26th time and location TBD.**

*2019 soccer season starts first week of school.

*No player will be allowed to participate in tryouts until being cleared by the Grant Athletic office or online. Please call the athletic office with questions regarding athletic clearance 503-916-5160 ext. 66115.

Grant Soccer Clinic Registration Form

Conditioning Camp August 5th- 8th (\$75) _____ Pre-Tryout Camp Aug. 12th-15th (\$75)

_____ Both Camps (\$140)

Name _____ Birth date _____ Phone _____

Address _____ City _____ Zip _____

Family email _____ Player email _____

Grade in Fall '19 _____ Fall '18 or Winter '19 club team _____

Please read this waiver and sign it. "I, the undersigned, understand that all affiliated with the Grant High School Soccer Clinic will not accept responsibility for accidents incurred during the clinic. I will make my own insurance arrangements for the clinic."

Parent Signature _____ Date _____

Parent Name _____

Send Registrations to:

Manolis Tjuanakis
6049 NE 35th AVE
Portland, Or 97211