

Titan Soccer Winter 2011

April 09

Contact Coach Carmien with any
questions or concerns
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Northern Exposure Team Camp: July 18th-23rd

Our local team camp was a success last year and we are looking to expand; adding more teams and more coaches from different colleges and levels. Please put the week on your calendar and

plan on attending. Check out the Website for more information and we will continue to update it as we add coaches and teams.



ATTENTION

Please visit the Northern Exposure Website for details on our Team Camp

Titan Field Update

The drainage work done in the fall worded extremely well. We are looking to roll the field and level it with sand to fully cover the sod lines

and some washout that occurred over the course of the season. We are also looking to add a banner system to highlight the past

accomplishments of the program. We will try and do something each year to improve the surface and stadium feel to our home.

Winter Workouts

90% of the players in our program are enrolled in a weights class; those that are not should be working out after school. Weight Room is open daily until 4:15— take advantage

Morning workouts have started. 7-7:45 am Mondays & Wednesdays

Check it.

Sunday drop in 10 am to Noon at West. All players entering 9th grade next year are welcome to attend.



Bigger, Faster, Stronger, Better

Fitness is a major part of our sport. Players who don't have time to increase their core strength, fitness level and speed are leaving their position within the team in jeopardy.

Sit-Ups and Push-Ups at home, sprint workouts and a distance regime don't cost a thing— just a little sacrifice and com-

mitment on your part. It makes a big difference. Commit to being fit.



Gloshen and Kreple finish

Parkside

great Career at Wisconsin-

Wanted to take time to congratulate Matt Gloshen and Ben Kreple on finishing off fine careers with DII Wisconsin-Parkside. Both were key players on our 2005 Varsity team and made an impact with the

Rangers. Gloshen has been a stalwart in defense for the last three years. Kreple earned All-Region honors in 2008 and regained his form after a bad ankle injury kept him out of action for most of the 2009 cam-

paign. Both will graduate this year and we wish them the best.



2011 Schedule

Early goals for the schedule are to keep as many quality non-conference opponents as possible. Budget cuts continue in our district but we will do what we

can to keep the program the same. Rochester Stoney Creek has expressed interest in coming up North again this fall; away trips look to be limited to Grand Blanc &

Utica. Other home dates against Saline, Mason, Midland High and Dow will be scheduled soon.



Advertising Banners

. Kurt Sanford and company did a great job getting our field off the ground and raising major \$\$\$. The banners that hang from the

stands were paid for on a 2 year deal. I need a volunteer to contact the vendors and see how

many would like to re-up and pay an additional fee for the advertising. Let me know.

Email Cars with questions



REASONS WHY———

Are you working as hard as you can on your game? Too often players gripe about lack of playing time during the season but do nothing to change in the off season. Parents are very critical of decisions made in the fall but do



not realize it is the work put in the other 8 months that counts.

Take advantage of all the opportunities afforded to you and have no excuses. Good Luck.

GEAR RETURN

Players are expected to return all jackets, jerseys, shorts and backpacks before June. Don't be a Dommer——

