

Cabrillo Soccer 2007 Preseason Information

Dear Future and Returning Seahawks Players:

First of all, I would like to thank you for considering playing for the Seahawks soccer program for the Fall 2007! I am looking forward to helping both teams reach its full potential, but most importantly to helping players keep a good balance between the academic and the athletic challenges so that success can be had both on and off the field.

In order to be successful in the Fall, **YOU NEED TO START TRAINING NOW!** The following guidelines are to help you stay in shape over the summer and prepare you for our preseason. Your personal dedication to fitness and, overall technical aspects of the game is the basis of our success as a team next fall.

The season will be here before you know it and in order to realize our potential as a team, your dedication and active preparation is essential. I am certain that you will dedicate yourselves to being the best that you can be and thanks to that, this will be a season to remember!

If you have any questions, call me at (408) 202-7206 (cell) or e-mail me at cpaolo5@hotmail.com or pacarbon@cabrillo.edu

I am looking forward to another exciting soccer season at the helm of the Cabrillo College soccer program!

Sincerely,

Paolo Carbone

Cabrillo College
Men's & Women's Head Soccer Coach

Important Classes and Dates

August 6th- August 14th: **Captain Camp - Time & Place TBA**

August 15: **Preseason officially starts.**

(Fall Schedule)

Players interested in joining the women's team should sign up for:

- **ATH 15 E,**
- **ATH 15 EE**
- **ATH 10 section 52824**

Players interested in joining the men's team should sign up for:

- **ATH 15 D**
- **ATH 15DD**
- **ATH 10 section 52822**

Student- Athletes must have a physical before participating in practice or games. Physicals are held at the Santa Cruz Sports Medicine Center of Dominican Hospital. For information regarding the physical, please visit the Cabrillo Athletics home page at <http://www.cabrillo.edu/academics/athletics/index.html>

[Preseason practice schedule from August 15th to August 24th:](#)

Men's Team practice session: 9:00 a.m. to 11:15 a.m. (Stadium)

Women's Team practice session: 12:45 a.m. to 3:00 p.m. (Stadium)

Once school starts, training will start at 12:45 p.m. and end at 2:30 p.m. for the men's team.

The women's training will go from 2:15 p.m. and end at 4:15 p.m.

TRAININGS will be on **MONDAYS, WEDNESDAYS** and **THURSDAYS**.

GAMES will be on **TUESDAYS** and **FRIDAYS**.

WEEKENDS OFF! However keep in mind that we will occasionally practice on Sunday afternoon.

This schedule will remain the same until the end of the season. Take your soccer schedule into consideration when registering for your classes.