



# Yellow Jackets Soccer

**Glen Button**  
Varsity Head Coach

**Jeff Stuart**  
Junior Varsity Coach

June 2010

Dear Freshman Soccer Player:

Welcome to Milton Soccer! Our coaching staff is very excited about your interest in the program. We have a long and proud tradition here at MHS and we are looking forward to another great season. We are glad that you want to be a part of it. As always, if you know of any new students at MHS or have friends that are interested in playing have them call me or show up to our first practice.

Milton High School soccer practice begins on **Monday, August 23rd at 9:00 a.m.**

I encourage you to join our summer conditioning program. I have enclosed a copy of our workout for you. Remember, the better shape you are in during pre-season the better your chances will be to have a successful tryout. I would also encourage you to join us for our pickup soccer games. We will play Tuesday and Thursday evenings throughout the summer from 5:30-7:30. This is a great opportunity for you to work on technique as well as to get to know other soccer players and the coaching staff. Drop in for a good workout and a fun time!

If you have any questions please feel free to contact me at 893-7120. Again thanks for your interest in Milton soccer.

Yours in soccer,

Glen Button  
Varsity Boys Soccer Coach





# JACKET BUZZ

Weekly News and Notes from Coach Button

## **\*\* Summer Strength and Conditioning Program \*\***

**\*\*THIS IS NOT MANDATORY\*\***

### **June 21-27**

2 runs, 3 lifts

Run #1 - 20 minute run

Run #2 - 1 mile timed run

### **July 12-18**

**\*TEST WEEK\***

Run #1 - 1.5 mile timed run-10 min. rest  
then 1/2 mile timed run

Run #2 - 1.5 mile timed run - 10 min. rest  
then 1/2 mile timed run

E-mail times to - [Gbutton@sbschools.net](mailto:Gbutton@sbschools.net)

### **June 28-July 4**

3 runs, 2 lifts

Run # 1 - 20 minute run

Run # 2 - 1 mile timed run

Run # 3 - 20 minute run

### **July 19-25**

2 runs, 3 lifts

Run #1 - 25 minute run

Run #2 - 2 mile timed run

### **July 5-July 11**

2 runs, 3 lifts

Run # 1 - 25 minute run

Run # 2 - 1.5 mile timed run

### **July 26-August 1**

3 runs 2 lifts

Run #1 - 30 minute run

Run #2 - 2.5 mile timed run

Run #3 - 25 minute run

**\*LIFTING** - The Milton High School Weight Room will be open on Monday, Wednesday and Thursday mornings from 7:30-9:00 for soccer players to use.

**Week of August 2-8 - TEST WEEK** - 2 mile timed run, 20 min. rest, then 1/2 mile timed run. Do this twice this week. E-mail times to - [Gbutton@sbschools.net](mailto:Gbutton@sbschools.net)

**Week of August 9-15 - TEST WEEK** - 2 mile timed run, 20 min. rest, then 1 mile timed run. Do this twice this week. E-mail times to - [Gbutton@sbschools.net](mailto:Gbutton@sbschools.net)

**Week of August 16-22 - TEST WEEK** - 2 mile timed run, 20 min. rest, then 1 mile timed run. Do this twice this week. E-mail times to - [Gbutton@sbschools.net](mailto:Gbutton@sbschools.net)

**\*\*FALL SPORTS INFORMATIONAL MEETING: AUGUST 15<sup>th</sup> at 7:00 p.m.**  
**All players and parents must attend this meeting regarding the fall season.**

**“Hard Work Beats Talent if Talent Doesn’t Work Hard”**

Let’s all do our part to make sure the 2010 soccer season is a big success



