**Gulf Breeze Men’s Soccer 2020 Off-Season Workouts**

**2020 Summer Activities**
All of our Summer programs are run through the Santa Rosa Community School. Each student/athlete MUST complete the GBHS Community School Form and pay the appropriate fees prior to the first day of conditioning/practice. Also, everyone must have a physical on file and be CLEARED THROUGH HOME CAMPUS (Athletic Clearance Website). The cost for the entire Summer Program is $150. Please note however, that the UWF Team Camp is an extra cost of approximately $160. It is highly recommended as the boys always have a great time, but it is NOT mandatory. Below you will see a calendar of events that will be done throughout the next six weeks prior to school starting. Once school starts, there will be another meeting in Coach King’s classroom to give out information regarding our Fall Conditioning program and tryouts. If you have any questions, please feel free to reach out to me at gulfbreezemenssoccer@gmail.com or (850)712-0571 .

Go to [www.gbsoccercamp.com](http://www.gbsoccercamp.com) to sign-up!!

**Week 1-**

**Monday June 22nd**— Skills training (practice field) 8:30-10:00 am

**Wednesday June 24th**—Track workout 8:30-10:00 am

**Friday June 26th** — Skills training (practice field) 8:30-10:00 am

**Week 2-**

**Monday June 29th** — Skills training (practice field) 8:30-10:00 am

**Wednesday July 1st**— Track Workout 8:30-10:00 am

**Friday July 3rd**— OFF HOLIDAY

**Week 3-**

**Monday July 6th**— Weights 8:30-10:00 am

**Wednesday July 8th**— Track Workout 8:30-10:00 am

**Friday July 10th** — OFF BLUE ANGELS WEEKEND

**Week 4-**

**Monday July 13th**— Skills training (practice field) 8:30-10:00 am

**Wednesday July 15th**—Track Workout 8:30-10:00 am

**Friday July 17th**— Skills training (practice field) 8:30-10:00 am

**Week 5-**

**Monday July 20th** – Weights 8:30-10:00 am

**Wednesday July 22nd** -- Skills training (practice field) 8:30-10:00 am

**Friday July 24th**–Skills training (practice field) 8:30-10:00 am

**Week 6-**

**Monday July 27th** — Track workout 8:30-10:00 am

**Wednesday July 29th** — Weights 8:30-10:00 am

**Friday July 31st** – Track workout 8:30-10:00 am