**Gulf Breeze Men’s Soccer 2021 Off-Season Workouts**

**2021 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 $175. Below you will see a calendar of events that will be done throughout the next seven 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](mailto:gulfbreezemenssoccer@gmail.com) or (850)712-0571 .

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

**Week 1-**

**Monday June 14th**— Skills training (practice field) 8:30-10:00 am

**Wednesday June 16th**—Track workout 8:30-10:00 am

**Friday June 18th** — Skills training (practice field) 8:30-10:00 am

**Week 2-**

**Monday June 21st**— Skills training (practice field) 8:30-10:00 am

**Wednesday June 23rd**—Track workout 8:30-10:00 am

**Friday June 25th** — Skills training (practice field) 8:30-10:00 am

**Week 3- (Jr. Dolphin Camp 28th-30th from 5:30-7:30pm \*\*\*NEED VOLUNTEERS\*\*\*)**

**Monday June 28th** — Skills training (practice field) 8:30-10:00 am

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

**Friday July 2nd**— OFF HOLIDAY

**Week 4-**

**Monday July 5th**— OFF HOLIDAY

**Wednesday July 7th**— Track Workout 8:30-10:00 am

**Friday July 9th** — OFF BLUE ANGELS WEEKEND

**Week 5-**

**Monday July 12th**— Skills training (practice field) 8:30-10:00 am

**Wednesday July 14th**—Track Workout 8:30-10:00 am

**Friday July 16th**— Skills training (practice field) 8:30-10:00 am

**Week 6-**

**Monday July 19th** – Weights 8:30-10:00 am

**Wednesday July 21st** -- Skills training (practice field) 8:30-10:00 am

**Friday July 23rd**–Skills training (practice field) 8:30-10:00 am

**Week 7-**

**Monday July 26th** — Track workout 8:30-10:00 am

**Wednesday July 28th** — Weights 8:30-10:00 am

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

**\*\* PLEASE NOTE RETURNING PLAYERS WILL ALSO BE ISSUED A SEPARATE WORKOUT PACKET TO COMPLETE OUTSIDE OF OUR GROUP ACTIVITIES. SEE COACH KING FOR MORE DETAILS\*\***