**Gulf Breeze Men’s Soccer 2022 Off-Season Workouts**

**2022 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.

Join the Band Group at https://band.us/n/a9ae69j194p9O

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 13th**— Skills training (TPSA) 8:30-10:00 am

**Wednesday June 15th**—Track workout 8:30-10:00 am

**Friday June 17th** — Skills training (TPSA) 8:30-10:00 am

**Week 2-**

**Monday June 20th** — Skills training (TPSA) 8:30-10:00 am

**Wednesday June 22nd**— Track Workout 8:30-10:00 am

**Friday June 24th**— Skills training (TPSA) 8:30-10:00 am

**Week 3-**

**Monday July 27th**— Skills training (TPSA) 8:30-10:00 am

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

**Friday July 1st** — OFF HOLIDAY

**Week 4-**

**Monday July 4th**— OFF HOLIDAY

**Wednesday July 6th**—Track Workout 8:30-10:00 am

**Friday July 8th**— OFF BLUE ANGELS WEEKEND

**Week 5-**

**Monday July 11th** – Weights 8:30-10:00 am

**Wednesday July 13th** -- Skills training (TPSA) 8:30-10:00 am

**Friday July 15th**–Weights 8:30-10:00 am

**Week 6-**

**Monday July 18th** — Track workout 8:30-10:00 am

**Wednesday July 20th** — Weights 8:30-10:00 am

**Friday July 22nd** – Track workout 8:30-10:00 am

**Week 7-**

**Monday July 25th** — Track workout 8:30-10:00 am

**Wednesday July 27th** — Weights 8:30-10:00 am

**Friday July 29th** – Skills training (TPSA) 8:30-10:00 am

**\*\* Please note: all Skills Training days will be held at Tiger Point Park**