



FALL SPORTS PRE-SEASON

What is Pre-Season?

Pre-season training is mandatory in preparing for the next season. Some student-athletes do not train or play their respective sport all year round. This period where they are idle and not training or competing increases their risk of severe injury. Whether it be soccer, cross country, or volleyball all student-athletes must maintain a high level of training because muscle strength and endurance decline during idle periods.

The demand on your body to begin a training regimen without adequate conditioning will place your body at risk of injury, as it is not equipped to deal with the sudden contact and movements of your sport. All athletes, no matter what level, must prepare their body for the regular season by:

1. Increasing fitness level
2. Daily stretching to regain flexibility
3. Strength training

Therefore, pre-season training is mandatory. Your respective coach will determine how much pre-season training is necessary. For some sports, some of our coaches have held off-season workouts to assist you with maintaining your current fitness level. If you continue with the off-season workouts, then your pre-season demands may be reduced by the coach.

Pre-season gives you the opportunity to build the important team bond by reuniting with old classmates and meeting new ones. Remember, as student-athletes, all of you are working towards competing at their highest level to help your team be successful in achieving its goal.

Finally, while on campus for your pre-season training, we remind all students that you are to abide by the Girard College Code of Conduct. Even though school is not officially in session, you are expected to behave appropriately while on the grounds. Failure to do so will result in losing privileges at Girard College including playing sports.

Fall Sports Orientation

All teams will meet in the Armory on Monday, August 8 prior to the first practice to talk with the Athletic Director. Afterwards the coaches will direct students where to go to begin practice.

Orientation Topics -

- Introduction of Coaches
- Procedures
- Pre-Season Schedule
- Commitment
- Athletic Trainers
- Heat Advisories and Hydration
- Physicals

Boys Cross Country -

Meet in the Armory, 3:30 PM – 4:00 PM for Orientation

Girls Cross Country -

Meet in the Armory, 3:30 PM – 4:00 PM for Orientation

Boys Soccer -

Meet in the Armory, 3:30 PM – 4:00 PM for Orientation

Girls Soccer -

Meet in the Armory, 2:30 PM – 3:00 PM for Orientation

Girls Volleyball -

Meet in the Armory, 9:30 AM – 10:00 AM for Orientation



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General Gear All Pre-Season Athletes Should Bring:

- Extra towels
- Extra socks
- Extra shorts
- Extra t-shirts
- Sunscreen for outdoor sports
- Water bottle/sports drinks

Boys and Girls Cross Country – What to Bring:

- Running shoes
- Sunscreen
- Water bottle/sports drinks

Cross Country Tentative Pre-Season Schedule

Monday, August 8 – Friday, August 12

August 8	August 9	August 10	August 11	August 12
Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM

Monday, August 15 – Friday, August 19

August 15	August 16	August 17	August 18	August 19
Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM

Monday, August 22 – Friday, August 26

August 22	August 23	August 24	August 25	August 26
Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM

Monday, August 29 – Friday, September 2

August 29	August 30	August 31	September 1	September 2
Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM	4:00 PM - 5:30 PM

NOTE: Schedule may be subject to change.

Boys Soccer - What to Bring:

- Shin guards
- Soccer socks
- Soccer cleats
- Sunscreen
- Running shoes for possible fitness training on the track



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- Indoor sneakers in case practice must be moved inside due to weather

Boys Soccer Tentative Pre-Season Schedule

Monday, August 8 – Friday, August 12

August 8	August 9	August 10	August 11	August 12
Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	OFF

Monday, August 15 – Friday, August 19

August 15	August 16	August 17	August 18	August 19
Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	OFF

Monday, August 22 – Friday, August 26

August 22	August 23	August 24	August 25	August 26
Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	OFF

Monday, August 29 – Friday, September 2

August 29	August 30	August 31	September 1	September 2
Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	3:00 PM (H), PREP CHARTER @ GIRARD COLLEGE [SCRIMMAGE]	TBD	TBD

NOTE: Schedule may be subject to change.

Girls Soccer - What to Bring:

- Shin guards
- Soccer socks
- Soccer cleats
- Sunscreen
- Running shoes for possible fitness training on the track.
- Indoor sneakers in case practice must be moved inside due to weather.

Girls Soccer Tentative Pre-Season Schedule

Monday, August 8 – Friday, August 12

August 8	August 9	August 10	August 11	August 12
Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM



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3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM

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Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM

Monday, August 29 – Friday, September 2

August 29	August 30	August 31	September 1	September 2
Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	10:00 AM (H), PREP CHARTER @ GIRARD COLLEGE [SCRIMMAGE]	TBD	TBD

NOTE: Schedule may be subject to change.

Girls Volleyball - What to Bring:

- Sneakers
- Knee Pads
- Black Volleyball Shorts

Girls Volleyball Tentative Pre-Season Schedule

Monday, August 8 – Friday, August 12

August 8	August 9	August 10	August 11	August 12
Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM - 12:00 PM and 2:00 PM - 5:00 PM	OFF	10:00 AM - 12:00 PM and 2:00 PM - 5:00 PM	OFF	10:00 AM - 2:00 PM and 3:00 PM - 5:00 PM

Monday, August 15 – Friday, August 19

August 15	August 16	August 17	August 18	August 19
Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM - 12:00 PM and 2:00 PM - 5:00 PM	10:00 AM - 12:00 PM and 2:00 PM - 5:00 PM	OFF	10:00 AM - 12:00 PM and 2:00 PM - 5:00 PM	11:00 AM - 2:00 PM

Monday, August 22 – Friday, August 26

August 22	August 23	August 24	August 25	August 26
Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM - 12:00 PM and 1:00 PM - 4:00 PM	3:30 PM - 6:30 PM	OFF	10:00 AM - 12:00 PM and 3:30 PM - 6:30 PM	OFF



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August 29	August 30	August 31	September 1	September 2
Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM - 12:00 PM and 1:00 PM - 4:00 PM	3:30 PM - 6:30 PM	OFF	10:00 AM - 12:00 PM and 3:30 PM - 6:30 PM	3:30 PM - 6:30 PM

NOTE: Schedule may be subject to change.

