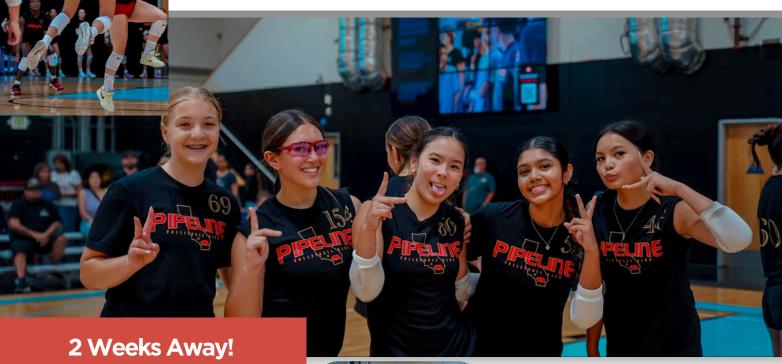




# NEWSLETTER



### Season is Approaching!

We are thrilled to welcome our high school athletes back to the gym!

"League Apps," as this will be our primary communication platform for coaches and parents.

You can access your team calendar and begin planning ahead for the season!

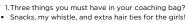
Additionally, we're excited to highlight our dedicated coaching staff this month, starting with Coach Chanda. Be sure to catch our coach highlights to learn more about their experiences and coaching philosophies.



## Mark your Calendars!

- Team practices will begin the week of December  $1^{\rm st}!$  Keep a lookout on "leagueapps" for your practice schedule
- Plan your Christmas Vacation early! Winter Break: December 20<sup>th</sup> - January 2<sup>n</sup>
- 16U/18U Entry Event
- December 6<sup>th</sup> and 7<sup>th</sup>
- 15U/17U Entry Event December 13<sup>th</sup> and 14<sup>th</sup>





- 2. Early Morning workout or Late night practice?
  Late night practice for sure.
- What motivates you most about working with athletes?
  I love giving my all to these athletes and supporting them and achieving their
- goals. The drive and desire they have motivate me to be better for them. Its much more than just the game, its about life.



# **Player Highlight: Audrey**

Audrey is a valued member of our 17-Adidas team and serves as a dedicated academy coach for our younger athletes! She has spent the entire summer in the gym, whether training or coaching. Audrey consistently challenges herself and strives to support her community. We are so proud of her and eagerly anticipate how she will lead this season!





Tag us on Instagram with your Action Shots!

