2021 Watchung Hills Lady Warriors Summer Information

Our offseason schedule is broken down into 3 areas:

 -voluntary summer workouts (open to all players, including incoming freshman)

 -Governor Livingston 7v7 League (open to returning players only)

 -Capelli Sports Complex High School Tournament (open to all players, incoming freshman included)

Here are the dates for your calendar

 -summer workouts (Voluntary workouts will be held at the high school. All workouts will be on the turf, and the running track): 6/21, 6/24, 6/28 , 7/1 , 7/5 , 7/8 , 7/12 , 7/15 , 7/19 , 7/22, 7/26, 7/29, 8/2 & 8/5. Please bring running sneakers, cleats and a drink to each workout. Please note the times and dates for the workouts. (Monday 6/21 & 6/28 are 7-9:15am. ALL OTHER MONDAY’S will be 8:30-10:45am. ALL THURSDAY WORKOUTS will be 10am-12:15pm)

 -Governor Livingston 7v7 Tuesdays (cost per team is $500): 6/22, 6/29, 7/6, 7/13, 7/20, 7/27. This is league is only for returning players in the program, 10th, 11th or 12th grade. Game times are either 5, 6 or 7pm. We have 2 teams entered this year. Here are the rosters for each team: **Watchung Hills Yellow**: Paige Thomas, Maddie Pagkalinawan, Vanesso Tao, Rebecca Schell, Bella DeGiovanni, Meg Carmody, Claudia Ferreira, Grace Morris, Sara Sifert, Ava Prisco, Shivani Howe, Arianna Tommaso, Sara Ribeiro, Bella Valenti, Sam Fahs, Kathy Solis, Jenna Tobia (July). **Watchung Hills White**: Hallie Sussner, Ava Tommaso, Sabrina Orlov, Misha Patel, Tina Morris, Francesca Sena, Chloe Tu, Lexi Perez, Savannah Bellovin, Elisabeth Decker, Mihika Naik, Molly Larkin, Emma Clintock, Hope Anastario, Alexa Christou(sub).

 -Capelli Sports Complex High School Festival 11v11 (cost per team $275): Saturday, August 7th. 2 games (60 minutes each). Last year we had 2 teams for this event, and we’re hoping for the same again this year. Each team will play 2 games. I will start asking for interested players in late June, once we start our workouts. I want to make sure we have enough interest to field 2 teams. In order for us to have 2 teams, we’re going to need a minimum of at least 35 interested players. This event has been a great evaluation tool for the program, so I’m hoping if you’re looking to gain an edge with the program, you can join us.

 -1st day of mandatory practice is Monday, August 16th. More information to follow during the summer.

 -If anyone has concerns or questions, please feel free to contact me, Brian Figueiredo, via email: Brianfig73@verizon.net