2022 Watchung Hills Lady Warriors Summer Information

Our offseason schedule is broken down into 4 areas:

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

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

 -Monmouth University Women’s Soccer 7v7 High School Festival (open to all players, including incoming freshmen)

 -Capelli Sports Complex High School Tournament (open to all players, incoming freshmen 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, weight room and the running track): 6/27, 6/30, 7/7 , 7/11 , 7/14 , 7/18 , 7/21 , 7/25 , 7/28 , 7/22, 7/26, 8/1, 8/4, 8/8 & 8/11. Please bring running sneakers, cleats and a drink to each workout. We are going to attempt to implement a weight room component to our Thursday workouts. There will be more details to follow, but the times of the workouts should be similar to what we’ve done in the past, somewhere in the 8:30-11am area. These plans will be finalized in the upcoming weeks and I’ll let everyone know once that happens.

 -Governor Livingston 7v7 Tuesdays (cost per team is $500): 6/28, 7/5, 7/12, 7/19, 7/26, 8/2. This is league is only for returning players in the program, 10th, 11th or 12th grade. Game times are either 5, 6 or 7pm. I know last year we had 3 teams in the league, but as of now I don’t know how many we’ll have this year. I’d like to have 2, but that might be out of our control. Again, when I get more details, I will let everyone know.

 -Monmouth University Women’s Soccer 7v7 High School Festival. (cost per team is $475): Saturday, July 23rd. We’ve had 2 teams for this event in the past, and I’m hopeful we can do that again this year. The event has between 20-24 teams. There are 4 groups of 5 or 6 teams. Each team plays 4, 30 minute games. There is a point system that is used for each game, and the team that accumulates the most points after your 4 games, wins the group and moves on to the semifinals. The 2 winners of the semifinals play for the championship. This event hasn’t been held since 2019, so I’m very happy Monmouth is hosting it again. Our incoming seniors are the only group that has played in this event, so I’m glad we’ll have the opportunity to compete in it again. We won the championship in 2016, which also was the year we won the county tournament, so things started building for us that year in the summer. I certainly hope we have the interest to have 2 teams. All the games are played right on the campus of Monmouth University, and it’s a morning and early afternoon event.

 -Capelli Sports Complex High School Festival 11v11 (cost per team $290): Saturday, August 13th. 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 22nd. 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