

SPO SOCCER BUGLE

Let your colors shine through, be vibrantly you!

Hi Soccer Athletes!

AS OF 8/4/21 THERE ARE 93 DAYS UNTIL FALL FEST!!!!

Welcome back to our THIRD monthly newsletter! Our team is looking forward to getting back to Villanova in August to continue planning for Fall Fest. We have been brainstorming new ways to make soccer the best it can be! For example, we plan on incorporating the color yellow in our decorations and a yellow themed playlist. We hope you have been practicing and preparing for competition as well. Remember to check out the soccer drill for some new ways to train!

Here's an update on how our summer is going:

Troy - I have been keeping myself very busy between working in New York City and seeing all of my friends!

Watson - I am back home in Tennessee visiting my family and hanging out with my friends before coming back to school! I am also learning how to play the guitar

Celia - I am enjoying time with my family in Cape May, New Jersey!

Olivia - I am relaxing at the beach with my family in the Outer Banks, NC before school starts!

Matt - I am very excited for school to start because I just transferred into the Business School and I just came back from Cape Cod with my family!

SOCCER DRILL:

This time for your soccer practice, we suggest you work on agility! This is so important in soccer, since you will be running up and down the field after the ball! You can set up some cones in the backyard and perform the following as fast as you can to work on your speed:
High knees, butt kicks, high knees sideways, hop on one foot (then the other), two foot hop, and grapevine



Less than 100 days until Fall Fest and we can already imagine how awesome all of you are going to be in competition! Remember to stay positive and be brave on and off the field. Stay tuned for the next monthly newsletter to hear from Soccer's very own Athlete Representatives and how they have been working hard to make Soccer at Villanova even better than before.

From Your Biggest Fans,

Troy, Watson, Olivia, Matt and Celia