



2025 New Trier Boys Soccer Freshman Summer Soccer



Welcome

The New Trier Summer Soccer Program is designed to promote the following:

- *Help the coaching staff get to know you as a player and as a person*
- *Help you get to know the coaching staff and our program expectations*
- *Improve your technical, tactical, physical, and mental skills in a fun, safe, and player-centered environment*

We will have fun and work hard to improve ourselves every day! Our expectation is that you show up ready to play. You will receive a ball and a program t-shirt. Bring your ball to camp every day and wear your t-shirt on game days.

To receive updates about the soccer program, weather alerts, and/or other changes please sign up:

1. Download the Remind App onto your mobile device (Android & iPhone versions available)
2. Subscribe to the 2025 NTBS Summer Soccer "Class"
 - a. Text the number "81010" with the message "ntbs-2025"
 - b. Using the app, click on "Join a class" and use course code "ntbs-2025"
3. If you would prefer not to use your mobile device, check out the web-based option:
 - a. Go to <http://www.remind.com>
 - b. Create an account
 - c. Subscribe to @ntbs-2025
4. **You must re-subscribe each summer!**

Expectations

Arrive early and be ready to start our team warm-up at the set time. Each day of camp, you must check-in with the coaching staff before entering the turf fields. We typically play on Field 1 and Field 2 (i.e., the turf fields east of the Stadium).

You must have soccer cleats, shin guards, soccer shorts and an athletic t-shirt in order to practice. You may not wear your local club team gear to New Trier soccer practice. You may, however, proudly rep your favorite professional club teams and international teams!

Water: Bring a water bottle every day! We will also have water available on campus for refilling water bottles and/or quick water breaks during training.

Soccer Ball: Bring your New Trier summer league soccer ball every day!

NTBS Summer Calendar 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (6/9-6/13)	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training* (NFD) 3:30pm-5:15pm	Soccer Training (NFD) 8:00am-10:00am
Week 2 (6/16-6/20)	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training* (NFD) 3:30pm-5:15pm	Off (Juneteenth Holiday)	Soccer Training (NFD) 8:00am-10:00am
Week 3 (6/23-6/27)	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training* (NFD) 3:30pm-5:15pm	Training (NFD) 8:00am-10:00am
Week 4 (6/30-7/4)	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Training (NFD) 3:30pm-5:15pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm Soccer Training* (NFD) 3:30pm-5:15pm	Off	Off
Week 5 (7/7-7/11)	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Off

Week 6 (7/14-7/18)	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Off
Week 7 (7/21-7/25)	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Strength & Conditioning Workout (WKA) 1:00pm-2:00pm	Off

***intrasquad scrimmages will take place on 6/12, 6/18, 6/26, and 7/2**

The weekly format of summer soccer includes three, four, or five days of training each week. One evening per week (either Wednesday or Thursday, depending on the week's schedule) we will host an intrasquad scrimmage on the Northfield turf and/or grass fields. **Family, friends, etc. are all invited to attend these scrimmages!**

NEW FOR 2025 – We will be training on three consecutive Fridays (i.e., 6/13, 6/20 and 6/27) in the morning. The Frosh time slot will be 8:00am-10:00am.

NEW FOR 2025 – We will be incorporating a strength & conditioning workout from June 6 thru July 24. There is no additional cost or registration for these workouts. These workouts are included in your registration for summer soccer. The entire NTBS program (Frosh thru Senior) will be together for these workouts. The workouts will take place Monday thru Thursday from 1pm-2pm at the Winnetka Campus Athletic Facility.

Game uniforms will be the green summer soccer t-shirt that you receive on the first day of attendance. Players must also wear black shorts with green or black socks. If needed, players can purchase socks (1 pair for \$10.00) from New Trier.

2025 Important Dates	
Event	Date
2024-25 NTHS School Year Ends	Friday, 6/6
Summer Soccer Begins	Monday, 6/9
Summer Strength and Conditioning Begins	Monday, 6/9
Summer Soccer Ends	Wednesday, 7/3
Summer Strength and Conditioning Ends	Thursday, 7/24
Soccer Tryouts Begin	Monday, 8/11
2025-26 NTHS School Year Begins	Wednesday, 8/20
Season Opener vs. Palatine – All Levels	Monday, 8/25
Last Game – Frosh, Sophomore, and JV	Saturday, 10/18
Program Banquet	Monday, 10/20
IHSA 3A State Finals	Friday, 11/7 and Saturday, 11/8