
CCSU SOCCER

Pre-Season 2019



First Day (Thursday, August 15th)

26 Players are invited to pre-season camp. 10 new additions. The roster breaks down as follows; 5 Goalkeepers, 7 Defenders, 10 Midfielders, 4 Forwards.

Pre-Season Games & Classes

Our first *official* contest versus Seton Hall University at 6:00PM on Friday, August 30th. Preceding our first contest we will have 2 home scrimmages, on August 21st, versus Monroe College at 6.00pm, and August 25th, versus UMass Lowell, also 6.00pm.

First day of classes is Tuesday, August 27th. After classes commence we will practice 9.00am -10.45.00am each morning (one mandatory day off per week).

Pre-Season Content

The pre-season coaching content will take into consideration all crucial building blocks of the team; Technical ability, Tactical awareness & understanding, Strength & Conditioning and Psychological.

Priorities

- Identify our Best Starting 11 players ASAP.
- Simplified Team Tactical System that best fits squad
- Tactics to reflect modern trends in the game
- Safety and Regeneration (must have everyone available)
- Team Belief System (Belief Without Evidence – strongest faith)
- Establish Leaders and Leadership

Squad by Jersey Numbers

1	Jason Dubrovich
2	Liam O'Brien
3	Dylan Kazmeirowicz
4	Francesco Ambrosino
5	Larson Richards
6	John Michael Torres
7	Eddie Yepes (Co-captain)
8	John Wilkins
9	Panos Ravanis
10	Sean Gannon (Co-captain)
11	Noah Silverman
12	Jamie Simpson
13	Ryan Radwan
14	Tyler Kazmeirowicz
15	Aidan O'Brien
16	Mitch Lyons
17	Patryk Wnornowski
18	Jarrold Fournier
19	Amin Mohammad
20	Gjergj Kilobochista
21	Manny Yeboah
23	Kabal Virk
24	Chris Papas
25	Roandre Wollery
26	Matt Skelton
29	Marcris Webb

Head Coach – Shaun Green

Assistant Coach – Dave Kelly

Assistant Coach – Olgert Dalipi

Goalkeeper Coach – James Perkins

Director of Soccer – Quentin Lux



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Calendar for Pre-Season

Preparation will be factored in by staff for inclement weather.
(Indoor session, Fitness, Classroom, Swimming Pool, Regeneration)

Thursday, August 15th

7.30am – Staff meet in Coaches Suite.
8.30am – Players report to Coaches Suite
9.00am – Vets Medical Screening.
10.00am – Freshmen Medical Screening
9.30am - Players can begin moving into Dorm.
Noon – Lunch
1.00pm – Athletic Training Room Educational Session
TBD – NCAA compliance meeting, gym classroom, Amy Strickland
3.30pm – Team Meeting, Goals, Rules & Policies, Core Values.
4.30pm – Locker Room, Equipment Issue and Procedures.
5.00pm – Dinner
7.00pm – Training Session, Warm Up, 11v11 Evaluation Game.

Friday, August 16th

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
12:30pm – Lunch
5.00pm – Dinner
7.00pm – Practice Session

Saturday, August 17th

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
12:30pm – Lunch
5.00pm – Dinner
7.00pm – Practice Session

Notables

STAFF ATTIRE

Staff to wear same attire on first day.
Polo, Shorts

PHYSICALS

Players must wear shorts and t shirt
for their physicals.

ROOMING ASSIGNMENTS

Gannon & Torres
Yepes & Dubrovich
Ambrosino & Webb
Silverman & Mohammad
Wilkins & Yeboah
Richards & T. Kazmeirowicz
Ravanis & Simpson
O'Brien & Lyons
Kllobochista & O'Brien
Virk & Radwan
Skelton & D. Kazmeirowicz
Papas & Wollery
Wnorowski & Fournier

MEAL TIMES

Breakfast 8.50am
Brunch on Sundays 10.30am-
11.30am
Lunch M-F 11am-1pm
Dinner M-S 5.00pm to 6.30pm

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Sunday, August 18th

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
12:30pm – Lunch
2.00pm – Practice Session
5.00pm – Dinner
6:00pm – Move into permanent housing
7:00pm – ID Clinic

Monday, August 19th

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
12:30pm – Lunch
5.00pm – Dinner
7.00pm – Training Session

Tuesday, August 20th

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
12:30pm – Lunch
2.00pm – Practice Session
5.00pm – Dinner

Wednesday, August 21st

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
1.45pm – Lunch
4:00pm – Pre-match meeting in Kaiser classroom
6.00pm – Game vs Monroe College
9:00pm – Post-match meal

Notables

GAME DAY

DRESS CODE

Staff Dress Code

Staff to wear same attire on game day.
Polo, Shorts

Players Dress Code

Players to dress uniformly.
Blue Practice uniform for game

MONROE COUNT DOWN

6.00pm – Kick Off
5.50pm – Captains Meet
5.40pm – Locker Room Team Talk
5.00pm – Goalkeeper Warm Up
5.00pm – Players Warm Up
4.45pm – Players Dress for Game
4.30pm – Staff prepare for Warm Up
4.00pm – Team meeting Kaiser Hall



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Thursday, August 22nd

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
12:30pm – Lunch
5.00pm – Dinner
7:00pm – Training Session

Friday, August 23rd

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
12:30pm – Lunch
5.00pm – Dinner
7:00pm – Training Session

Saturday, August 24th

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
1:45pm – Lunch
4:00pm – Meet in Kaiser Hall
6:00pm – Game vs. UMass Lowell

Sunday, August 25th

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
12:30pm – Lunch
2:00pm – Training Session

Notables

**One person with a belief
is equal to a force of
ninety-nine who have
only interests.**

LOWELL COUNT DOWN

6.00pm – Kick Off
5.50pm – Captains Meet
5.40pm – Locker Room Team Talk
5.00pm – Goalkeeper Warm Up
5.00pm – Players Warm Up
4.45pm – Players Dress for Game
4.30pm – Staff prepare for Warm Up
4.00pm – Team meeting Kaiser Hall



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Monday, August 26th

8.15am – Breakfast in Gym Classroom
10.00am – Training Session
12:30pm – Lunch
2.00pm – Practice Session
5.00pm – Dinner

Tuesday, August 27th

FIRST DAY OF CLASSES

9.00am – Training Session

Wednesday, August 28th

9.00am – Training Session

Thursday, August 29th

9.00am – Training Session

Friday, August 30th

4.45pm – Report to Locker Room
5.15pm – Pre-Game Warm Up
6.00pm – Season Opener vs Seton Hall University



Notables

TRAVEL CONSIDERATIONS

EQUIPMENT & SUPPLES

12 Balls
24 Cones
2 Sets of Pinnies
Game Roster
Video Camera & Tripod
Drinks for bus (Hydration)
Snacks
Rain Gear
Homework - Players
Pillows

TRAVEL ROSTER

Travel Roster must be submitted to Amy Strickland and Mike Ansarra prior to departing CCSU.

GAME ROSTER

Ensure we have completed game roster for each game. Copies. Referee, Stats and Opposing Coach.

MEAL SIGNATURES

Ensure we have all players and staff sign meal forms for reconciliation on return to CCSU.

HOTEL ROOMING LIST

Ensure we provide hotel with a room list week of departure.