



# TWiPS

## This Week in Pacer Soccer

Monday, September 13, 2021 - Week #5

### ***THIS WEEK'S CALENDAR***

#### **Monday, September 13, 2021**

Practice: JV and Varsity 3:15- 5:30pm

#### **Tuesday, September 14, 2021**

Practice: JV and Varsity 3:15- 5:30pm

#### **Wednesday, September 15, 2021**

Practice: JV - No Practice

**MATCHDAY (Varsity ONLY):** vs. Dominican

1. Location: [Uihlein Soccer Park](#)
2. Game Times: Varsity 4:30 pm
3. Bus: YES
4. Class Departure: 2:30pm
5. Bus Departure: 2:45pm
  - MARK YES/NO on [TRANSPORTATION Link](#) (Please mark on correct TAB)
6. Uniforms:
  - JERSEYS: WHITE
  - SHORTS: BLACK
  - SOCK: WHITE
7. School day Attire:
  - Warm-up Suite

#### **Thursday, September 16, 2021**

Practice: JV ONLY 3:15- 5:30pm

**MATCHDAY (Varsity Only):** vs. Kenosha Christian Life

8. Location: SLHS (Home)
9. Game Times: Varsity 7:00 pm
10. Bus: NO
11. Class Departure: N/A
12. Bus Departure: No Bus
  - MARK YES/NO on [TRANSPORTATION Link](#) (Please mark on correct TAB)
13. Uniforms:
  - JERSEYS: BLACK
  - SHORTS: WHITE
  - SOCK: BLACK
14. School day Attire:
  - Shirt and tie

### Friday, September 17, 2021

Practice: JV and Varsity 3:15- 5:30pm

### Saturday, September 18, 2021

**MATCHDAY (JV and Varsity):** vs. Burlington Area School District

- 15. Location: : SLHS (Home)
- 16. Game Times: JV-11:00am and Varsity-1:00 pm
- 17. Bus: No
- 18. Class Departure: n/a
- 19. Bus Departure: n/a
  - MARK YES/NO on [TRANSPORTATION Link](#) (Please mark on correct TAB)
- 20. Uniforms:
  - JERSEYS: BLACK
  - SHORTS: WHITE
  - SOCK: BLACK
- 21. School day Attire:
  - n/a

### Sunday, September 19, 2021

- [Worship](#) (Victory of the Lamb - Franklin, Wi; Pastor Ben Sadler is SLHS graduate)
- Stretch
- Do something special for mom - buy her flowers or cook dinner or do the dishes without asking!
- Complete all your homework for school. No missing work!

### **THIS WEEK'S NOTES, REMINDERS, & LINKS**

- **Pacer Soccer Fundraiser**
  - *We are doing great! Keep up the good work by continuing to add emails and share our fundraising page on social media! Please see the below link on completing your player's information.*
  - [High School Parents: WHAT, WHY, and HOW to help with the 2021 Shoreland Pacer Soccer Fundraiser](#)
  - *If anyone wants to directly contribute per the fundraising campaign, a check made out to Shoreland with "soccer fundraiser" in the memo line and give to Coach Hahm.*

- **General Game Nutrition for Preparation & Recovery**

*Athletes perform at their top level through proper rest and good nutrition. Energy levels (muscle glycogens) can be built up and almost entirely restored within 24 hours of a match by choosing the proper diet and getting a good night's rest. Here are some quick tips to remember:*

1. *Eat meals that contain complex carbohydrates prior to AND after games. (An athlete's plate should consist of mostly carbs with some lean meats)*
  - 65-70% complex carbs
  - 20-25% fats
  - 10% proteins
2. *Drink water before and after games*
3. *Get a good night's rest*
4. *Eat healthy carb-based snacks*
  - Examples of foods heavy in carbs include:

- Pasta, rice, breads, fish
  - Fresh fruits and vegetables
  - Lean meats (turkey/chicken)
  - Low fat milks and fruit juices (non sugar)
- Examples of fluids to hydrate with during meals and after practice and games include:
  - Water
  - Juice
  - Milk with meals
  - Body Armour
- Pre-match snack (Just prior to the match beginning) ideas
  - Energy bars high in carbs (the higher the carbs and lower the fat/protein the better)
  - Sports gels
- Foods Athletes Should Avoid
  - Fried/fatty foods
  - Pastries
  - Canned fruits
  - Soda/Candies
  - Butters/Heavy sauces
  - Energy drinks (red bull)
- **School and Game Reminder:**
  - Attendance for practice is expected by all students at all levels.
  - Players with conflicts (school or family) should talk to their coach ASAP)

## LINKS

[Shoreland Pacer CONTACT LIST \(Player/Parent\)](#)

Pacer Soccer Roster - Varsity

Pacer Soccer Roster - JV

[Slpacers.org](#)

[OFFICIAL MATCH CALENDAR - JV and V](#) (ALWAYS REFERENCE for MOST UP TO DATE INFORMATION)

[Practice and Unofficial Match Calendar](#)

[Shoreland Soccer Facebook](#)

[Shoreland Soccer Twitter](#)

Yours in Soccer!

Coach D. Hahm

**COACH CONTACT Information:** *Please feel free to contact Coach Hahm with questions or concerns; however, if your questions pertain to the Shoreland JV team, JV games, or JV practices, please feel free to contact Head JV Coach Strassburg directly. Contact information is below:*

- **Coach Daniel Hahm:** (Email) [hahmd@slhs.us](mailto:hahmd@slhs.us) (SLHS) 262-859-2595 ext. 110 (Personal) 262-442-7020
- **Coach Jeremy Strassburg** (Head JV): (Email) [strassburgj@slhs.us](mailto:strassburgj@slhs.us) (SLHS) 262-859-2595 ext. 117 (Personal) 480-250-4011
- **Coach Matt Sonntag** (GK/V): (Email) [Sonntagm@slhs.us](mailto:Sonntagm@slhs.us) (SLHS) 262-859-2595 ext. 115

*(TWIPS is a living document. Corrections and updates to this document can/will be made if needed throughout the week. You will receive notifications via e-mail and changes will be noted in red.)*