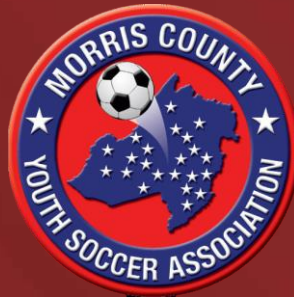




MUSC/ STA Social Distancing WK 1

Club Homework



OVERVIEW

PLAYERS,

WE HOPE THAT AT THIS CRAZY AND UNPRECEDENTED TIME, YOU ALL ARE STAYING SAFE AND HEALTHY!!

WE AT MUSC/STA WANT TO ENSURE THAT DURING THIS TIME, YOUR SON/DAUGHTER CAN STILL PLAY AND PRACTICE SOCCER AND BE INVOLVED WITH THEIR MUSC TEAMMATES. EVERY WEEK WE WILL BE SENDING OUT HW ASSIGNMENTS TO PROVIDE THE OPPORTUNITY FOR YOUR CHILD TO CONTINUE TRAINING EVEN IN THESE TRYING TIMES.

PLEASE USE THE CONTENT ON THE FOLLOWING PAGES AS YOUR GUIDE FOR WHAT IS EXPECTED OF YOU THIS WEEK.

PLEASE PAY ATTENTION TO WHAT IS APPROPRIATE TO YOU AND DO YOUR BEST TO COMPLETE IT. HOLD YOURSELF ACCOUNTABLE AND BE RESPONSIBLE FOR SUPPORTING AND ENCOURAGING YOUR TEAMMATES TO DO THE SAME.

REMEMBER, "SUCCESS LEAVES CLUES"

THE WORK YOU ARE DOING OR NOT DOING NOW WILL SHOW. WHETHER IN YOUR PERFORMANCES INDIVIDUALLY OR AS A TEAM WHEN WE GET BACK TO PLAYING SOCCER. MAKE SURE YOU ARE NOT THE PERSON PULLING OTHERS DOWN. BE THE ONE TO PICK THEM UP!!

HERE'S TO A GREAT WEEK OF HARDWORK.

WE MISS YOU.

YOUR COACHES



#STASTRONG

WEEK 1

TECHNE CHALLENGE

CHALLENGE 1: 7 DAY STREAK

- 15 MINS PER DAY FOR 7 DAYS
 - STARTING APRIL 6TH
 - ENDING APRIL 12TH

**** ALL PLAYERS WHO COMPLETE THIS CHALLENGE WILL BE ENTERED INTO A DRAW WITH 1 BOY AND 1 GIRL WINNING A PRIZE FROM MUSC. WINNERS WILL BE ANNOUNCED ON OUR SOCIAL MEDIA PAGES***



#STASTRONG

GAME-FACE CHALLENGE

- Choose 3 words which are distinctive and would describe you as a soccer player
- Create a collage, poster or sign using these 3 words and a picture of you playing soccer for MUSC
- Feel free to make these as fun, colorful and unique as possible
- Your coach will be asking you to show them during your face to face meetings this week
- Please feel free to make them as big or small as you would like. The best will be chosen by the coaches and will be shared on the MUSC social media pages



WE MISS YOU

**IF YOU NEED ANYTHING AT ALL, DO
NOT HESITATE TO EMAIL ANY OF
YOUR COACHES.**

