

# 212°

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## Fitness & Preparedness

*“All things excellent are as difficult as they are rare.”*

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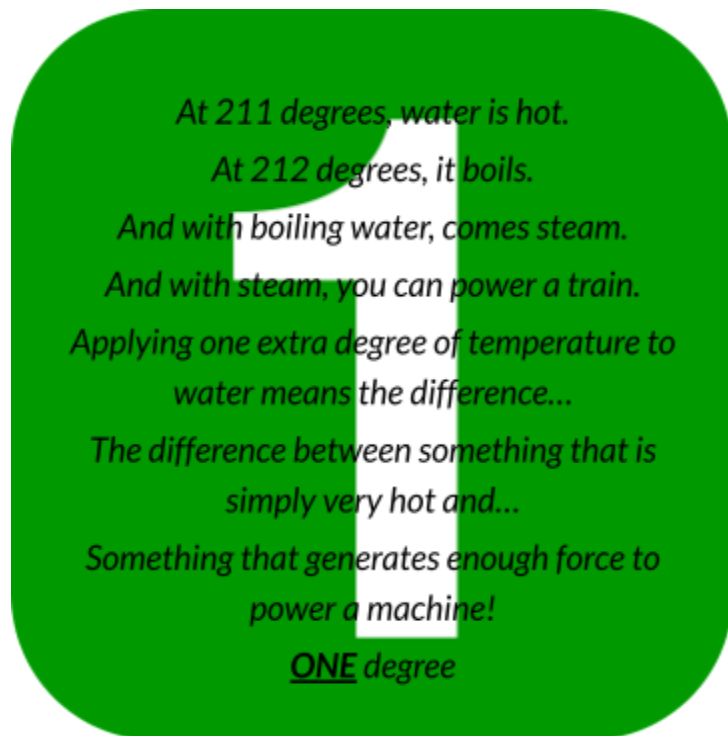
### 212° CLUB

#### Overview

As a program, our goal is to be a regular contender for the state title. We want the soccer community to think about championships when they hear about Lady T-Bird Soccer. For this to happen, we need to base our off-season on continual individual improvement to realize our team aims. Thus, we are continuing the 212°, with a few updates.

For the Lady T-Bird Soccer Program, the principle of 212° serves as a motto to help you take ownership of the most fundamental principle behind achieving your goals – PLUS ONE.

The success of Tumwater High Girls Soccer is determined by each player's and coach's extra degree of effort. By putting in that extra degree of effort in the off-season you will have the opportunity to ignite something special come August.



#### What is it?

The 212° Club is the name of our summer preparation and fitness program. The 212° Club is open to ALL THS soccer players.

To become a member of the 212° Club, a student-athlete must demonstrate their preparation through photo evidence of at least **30** training sessions. At the end of a training session take a quick pic of you telling us **WHAT**, **WHEN**, and **WHERE** you are training. If you are training with others, get them on in the pic too and tell us **WHO** they are. Don't forget to give us a **COUNT** of your training sessions. Post your clips and info to the team GroupMe. When you see someone else's post, celebrate them, just like they will celebrate the work you do.

As of the start of our summer calendar on June 26, there are 8 weeks until the first day of the 2023 season on August 22. That's just 55 days until Lady T-Bird Soccer Team Week. That's 40 days, not including weekends, to train yourself as an athlete, player, and sister. On our Summer Training Calendar, there are 16 scheduled events to get you prepped and fit for the Fall season.

So, if you play on a team (club or rec), take a quick pic at practice or games. If you go to the gym, take a quick pic of you lifting or doing plyos. If you go for a run, bike or swim, take a quick pic. Join us for a summer training session, Team Camp, or Alumni Game, take a quick pic. There is almost no limit to what you can do so long as you are working on your speed, agility, quickness, strength, endurance, or game. You get the picture. Just be sure to **POST IT** to the team **GroupMe**.

Excellent training habits are formed over time. It is not realistic to think that you will spontaneously become a varsity-level athlete. Membership in 212° Club means you have committed to the success of yourself, your teammates, and Tumwater High School girls' soccer.

### **Incentives for making the 212° Club:**

- Report to Team Week in August a better student-athlete than you were last season
- Have the best possible chance to compete for a position at your appropriate level (C, JV, or Varsity)
- Help create a culture of success in THS Girls Soccer
- Helps prevent injuries

### **Vacation & Work Time**

Please note that 212° Club allows for the student-athlete to maximize their potential and contribute to the goals of the THS soccer program while still accommodating for academic, summer vacation, and work plans.

**It must be clearly understood that becoming a member of the 212° Club is the expectation for soccer players, but DOES NOT guarantee a place on the THS Varsity team. Players are placed on squads through a rigorous process that takes into account physical fitness, technical ability, tactical awareness, psychological resilience, and team contribution, work, and requirements. Other areas taken into consideration for initial squad placement include academic performance and school discipline.**

We want to take the Lady T-Bird Soccer program to levels that it has not achieved yet. We believe that state championships are in our future, but getting there will take work and commitment.

Remember the more work we do now to get us physically prepared, the less time we will need to focus on fitness at the beginning of the season in August. If you want to play more and play sooner, you need to be ready to play.

Grab a teammate or two or seven and get after it! BE WORKING **TOGETHER** NOW!

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## **TUMWATER HIGH SCHOOL LADY T-BIRD SOCCER STAFF**

Varsity: Brett Bartlett & John Hayes  
C-Team: Ian Connell

Junior Varsity: Travis Larson  
Goalkeepers: Nicky Salapu