

Manasquan Girls Soccer

2023 SEASON HIGHLIGHTS

- SHORE B-NORTH DIVISION CHAMPIONS
- SHORE CONFERENCE TOURNAMENT SEMIFINALISTS
- CENTRAL JERSEY GROUP 2 SEMIFINALISTS

REMINDERS FOR THE 2024 SEASON

- JOIN REMIND 101 FOR 2024 SEASON
 - TEXT "@24MHSGSOC" TO 81010
- WINTER/SPRING
 - GET FIT/STAY FIT
 - GET TO THE WEIGHT ROOM WITH COACH JOHANSEN
 - JOIN A WINTER LEAGUE
- SUMMER
 - TURF SESSIONS (1-3 DAYS/WEEK)
 - WEIGHT ROOM SESSIONS (1-2 DAYS/WEEK)
 - DISTANCE RUNS/SPRINTS (3-5 DAYS/WEEK)



IMPORTANT DATES

- JUNE - POTENTIAL FREE PHYSICALS @ MHS
- JULY - "OPTIONAL" SUMMER SESSIONS
- AUGUST - MANDATORY TRYOUTS/PRACTICES



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QUICK FRESHMAN
SURVEY



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