



[Click to view this email in a browser](#)

June, 2019  
Newsletter Volume 8

# The Vikings Explorer

**[SFVSC.org](http://SFVSC.org)**

**Important SFVSC  
Dates:**

**June 29th:** Summer  
Dutch 4v4 Series  
[Click here to register  
now!](#)

**July 1st - July 5th:** Real  
Madrid Day Camp  
[Click here to register  
now!](#) Use code  
RMFVIKINGS for \$30 off!

**July 8th - August  
16th:** Summer Camp.  
[Click here for details!](#)

**August 22nd:**  
Competitive Teams'  
Practices Begin.

**September 3rd:**  
Recreational and  
Microsoccer Teams'  
Practices Begin.

**September 7th:** Fall  
Season Opening  
Weekend.

**November 17th:** Last  
Weekend of Fall Games.



***U-S-A! U-S-A! U-S-A!***

Be sure to show your support for the US Women's National Team in the Women's World Cup! They take on the French in their own country on Friday at 12PM. Also, don't forget about the Men's team in the Gold Cup either! They play this Sunday against Curacao at 5PM.

## **Vikings Goes Adidas**

Vikings will be transitioning to Adidas brand uniforms for the upcoming Fall season. This is part of a club-wide effort to elevate the image of our Vikings Family.

Independent school teams do not need to purchase the Vikings uniform.

[Click here to browse options and place your order.](#)

## 2019 Vikings Summer Camp

*It's back!*



Vikings is proud to announce our annual summer camp will be returning to the beautiful field of Beach Chalet this year! Starting the week of July 8th-12th, the camp will run until the end of the week of August 12th-16th.

Younger campers can look forward to a variety of activities designed to keep them engaged with one another and enjoying the sport of soccer. Older players can expect a more focused approach on developing soccer skills and athletic abilities.



Campers can sign up for any or all weeks of camp. Extended care is also available before and after

Keep scrolling to see the new uniforms below, we look good in three stripes!

### S.F. Vikings Summer Workout Program (For All Age Groups)

**1. Stay active** – Participate in some sort of physical activity or activities (doesn't necessarily need to be soccer). There are many benefits to sports diversification (especially for younger athletes) such as:

- Increased cognitive development
- Improved coordination
- Increased strength
- Increased motivation/decreased burnout
- Decreased risk of injury
- NO decrease in the potential for Elite Level Performance

**2. Play soccer** – Go out and play with family and friends or find a pick-up game if possible. For anyone who wants to continue to train and grow as a player in a more structured setting, the club is offering and recommending the following programs:

- Summer Ball Mastery – Monday through Thursday from 5 to 6:30 pm at Paul Goode running from early June through mid-August. Boys and girls; 11 years old and younger.
- Dutch 4v4 tournament – Saturdays from noon to 1:30 pm at Paul Goode running from early June to mid-August. Boys and girls; kindergarteners to 5th grade.
- Finishing Touch and Tactical Awareness clinics – Monday from 5 to 6:30 pm and Wednesday from 4:30 to 5:30 pm at Beach Chalet. Boys and girls; 12 years and older.
- Vikings Summer Camp – 6 weeks starting July 8 at Beach Chalet from 9 am to 4:00 pm (early drop off and extended care are also available). Boys and girls; 5 -12 years old.
- Real Madrid Foundation Clinic – July 1st

camp for a low fee.

Siblings can receive a 10% discount!

[Click here for more information and registration!](#)

---

### **PHOTO CONTEST!**

**WIN FREE VIKINGS GEAR BY TAKING A PHOTO OF YOURSELF IN VIKINGS ATTIRE AT A RANDOM LOCATION AND SUBMITTING IT TO:**  
**office.sfvsc@gmail.com**

**The most impressive photo wins!**

---

### ***Feedback is the Breakfast of Champions!***

What do you think of the Explorer? Send your feedback to  
office.sfvsc@gmail.com

through 5th from 9 am to 3 pm at Crocker Amazon. Boys and girls; 6 – 16 years old.

- [Click here for more information and registration!](#)

**3. Individual workout program** – For anyone interested in an individual workout program, Libby Rappolt has put the following program together. [Click here for a more detailed version.](#)

- Strength – ACL injury prevention exercises demonstrated by Ali Krieger (Member of the U.S. Women's National Team)
- Endurance – Soccer specific fitness
- Ball technique – Exercises focused on ball mastery

**4. Watch Soccer on T.V.** – Learn from watching players/teams at the highest level. There are several big tournaments going on right now:

- Women's World Cup – The U.S. Women's National Team just won their first knockout stage game against Spain 2-1 and will face France this Friday.
- Gold Cup – Consisting of North and Central American teams. The U.S. Men's National Team beat Panama 1-0. They face Curacao on Sunday.
- Copa America – Watch as the best teams in South America compete for the continental crown.

Have a great Summer! If you have any questions, please feel free to contact me. Thank you for your time and consideration.

Joey Almeida – S.F. Vikings Technical Director  
Coachalmeida83@gmail.com

---

### **Vikings and Real Madrid?!**

Real Madrid will be hosting a skills camp in San Francisco this July! A portion of your signup will go directly to the San Francisco Vikings' Scholarship Fund. **Be sure to use the code RMFVIKINGS for a**

**\$30 discount!**



"The clinics are the perfect tool to develop the physical, sports and social skills of our students in an international environment. The aim is to introduce the children to the values of Real Madrid: leadership, teamwork, effort, solidarity, cooperation and respect."

[Click here for more information.](#)

[Click here to be taken directly to registration!](#)

(Showing up in a Barcelona jersey may result in heavy conditioning.)

### **Vikings Never Stop Learning**

Coach Toby and Coach Joey were at a talk recently and want to share what they learned with us! The talk was hosted by Darcy Norman, who has worked for modest teams such as the USMNT, Bayern Munich, AS Roma, and the German National team when they won the World Cup.

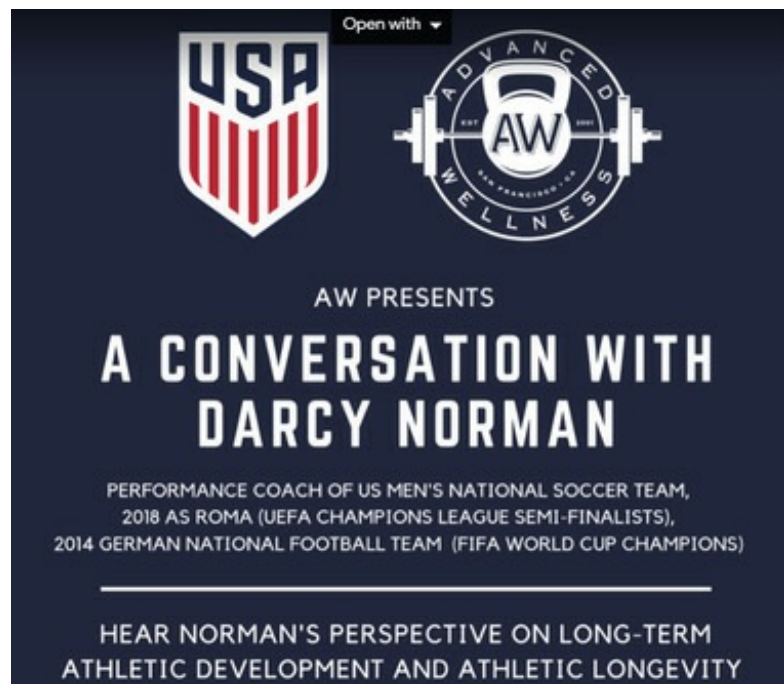
Toby:

1. How to develop your program using concepts derived from Supply Chain Management
2. Complex Systems

3. Checklists (see Checklist Manifesto by Atul Gawande).

Joey:

1. "Great players and teams are built with a solid foundation." Coaches often focus on technical and tactical and overlook or forget about physical training and the core fundamentals. Coaches should consider taking a more holistic approach and focus on the core fundamentals first. Core fundamentals (mindset/nutrition/movement/recovery) --> Physical Training --> Technical and Tactical. A holistic approach.
2. Movement variability - start at an early age.
3. Importance of sleep - this can also go with #1.



## Endless Summer Soccer

Vikings Soccer Club strives to fulfill the needs of those passionate about soccer year-round. As a result, Coach Joey has taken it upon himself to create additional training opportunities for those looking to continuously hone their skills.



There are multiple programs for players of all age, ensuring there's a learning opportunity for all players. Non-Vikings members are also encouraged to take part in these training sessions.

Remember, self improvement has no off season.

[Click here to check out all of our Summer Programs!](#)

---







[Click here to browse the other options and place your order!](#)

Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) for club updates and pictures of Vikings in action!

San Francisco Vikings Club  
1434 Taraval  
San Francisco, CA 94116  
Tel: (415) 753 3111  
[office.sfvsc@gmail.com](mailto:office.sfvsc@gmail.com) | [www.sfvsc.org](http://www.sfvsc.org)

---

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

---

San Francisco Vikings Soccer Club  
1434 Taraval St.  
San Francisco, California 94116  
US

[Read](#) the VerticalResponse marketing policy.

**vertical  
response**  
A DELUXE COMPANY  
**Free Email Marketing >>**