



Dear Parents and Caregivers,

It is with great pleasure that the Friends Academy Athletics Department announces our **Summer Athletic Training Program**. One of my favorite athletes, Alex Morgan, once said, "Keep working, even when no one is watching." Championships are won in the off-season when athletes prepare for the next season. With that in mind, this summer all students entering grades 8-12 are invited to participate in both our sports and overall fitness development programs.

Please see the following offerings this summer. Please note that nothing is mandated and student-athletes should come based on their availability.

Fitness and Crossfit:

June 26th-August 12th , Mon/Wed/Fri 5 PM - 7 PM

Crossfit with Dr. Parente

Dr. Parente will be offering Crossfit workouts to all student-athletes in whatever sport they play. If interested, please email Dr. Parente at diana_parente@fa.org.

Speed and Strength Conditioning with Coach Franklin

Our veteran Track and Field Coach, Franklin, will be working with all students that want to get stronger and faster this summer. All students are welcome regardless of sport. Email Coach Franklin for more information – franklin_thompson@fa.org

Sport Specific Offerings:

Field Hockey

Open Play

August 7, 14, 21, 5:00-6:30 pm

Email Coach Botti for more information – christine_botti@fa.org

Girls Soccer

Open Play Soccer Development (8th-12th Grade)

Aug 15, 16, 17, 22, 23, 24 , 5:00 to 6:30 pm

Email Coach DeCrescenzo for more information- vincenza_decrescenzo@fa.org

Boys Soccer

Open Training Sessions (All High School age softball players are welcomed)

July 12th-August 16th, Wednesdays – 6:30 PM - 8 PM

Email Coach Posada for more information – edgar_posada@fa.org

Football

Lifting and Conditioning

June 27th-August 18th, Tue/ Wed/ Thurs – 9:00 AM - 10:30 AM

Email Coach Ewen for more information – callum_ewen@fa.org

Baseball

Hitting/Throwing

June 27th-August 18th, Tue/ Wed/ Thurs – 10:30 AM - 12:00 PM

Email Coach Ewen for more information – callum_ewen@fa.org

Crew

We will be offering crew through our community partner that we row with all school year, at [Oyster Bay Community Rowing](#). There are three options for all levels of rowing experience.

[Travel](#)

This program is open to any H.S athlete who would like to compete and has participated in at least one fall, winter, or spring season. athletes will be traveling to a minimum of two away regattas and a third camp or regatta to be determined.

[Training](#)

This program is open to all H.S athletes who have participated in at least one Fall, Winter, or Spring season or have completed at least two weeks of Summer LTR

Monday-Saturday 6am-8:30am

6/26-7/7 (off on July 4th), 7/10-7/21, 7/24-8/4, 8/7-8/18

[Youth Learn to Row](#)

No previous experience in rowing is required to be a part of the LTR program.

June 26th-August 12, Mon-Fri 9:30-11:30 am

Email our Coach Baldvins for more information – sara_baldvins@fa.org



Boys and Girls Basketball

Open Gym

July 10th-August 14th, Mondays – 3:00pm - 4:30pm

Boys Basketball Summer League

There will be a summer league team this offseason. We are still waiting on the specifics. Please follow up directly with Varsity Basketball Coach Matt Johnsen, matthew_johnsen@fa.org

Softball

Open Play (All High School age softball players are welcomed)

July 12th-August 16th, Wednesdays – 4:30pm - 6pm

Email Coach Atwood for more information – paige_atwood@fa.org

If you have any questions, please reach out directly to Dr. Parente, and she will be happy to answer all questions.

Sincerely,

Dr. Diana Parente

