



SANDY SPRING FRIENDS SCHOOL ATHLETICS

2021 Fall Sports Summer Training and Preseason



Women's Varsity Soccer:

Tobi Goss: Tobi.Goss@ssfs.org

Summer Training: Tues/Thurs 6:00-7:30pm

Aug. Dates: 8/3, 8/5, 8/10, 8/12

Preseason Practice:

Mon. 8/23 – Fri. 8/27 (9:00-11:00am)

Mon. 8/30 – Fri. 9/3 (3:45-5:30pm)

Preseason Scrimmages:

Sat. 8/28 Playday @Chapelgate Christian (Time TBD)



Men's Varsity Soccer:

Jeff Rohrman: Jeffrey.Rohrman@ssfs.org

Summer Pickup: Tuesdays 9:30-11:00am

Dates: 7/13, 7/20, 7/27, 8/3, 8/10, 8/17

Preseason Practice:

Sat. 8/21: 9-11am

Mon. 8/23 - Fr. 8/27 (9:00-11:00am)

Mon. 8/30 - Fri. 9/3 (3:45-5:30pm)

Preseason Scrimmages:

8/30: Scrimmage Home vs. Chapelgate 4:00pm

9/1: Scrimmage Home vs. Key School 4:00pm

Women's Varsity Volleyball:

Rose Smith: rosesmith25@aol.com

Summer Training: Wednesdays 4:00-5:30pm

Wed. 8/11, 8/18

Preseason Practice:

Monday 8/23 – Friday 8/27 (4:30-6:00pm)

Monday 8/30– Friday 9/3 (4:30-6:00pm)



Varsity Cross Country:

Leah Niepold: Leah.Niepold@ssfs.org

Summer Training: click link below

[Summer Training Calendar](#)

Summer Training: Thursdays 7:00 - 8:30 pm

Dates: 7/22, 7/29, 8/5, 8/12, 8/19

Preseason Practice:

Mon. 8/23 - Fr. 8/27 (3:45-5:15pm)

Mon. 8/30 - Fri. 9/3 (3:45-5:15pm)



***EACH COACH WILL BE SENDING THEIR OWN CORRESPONDANCE TO THOSE SIGNED UP.
PLEASE CONTACT THE COACHES DIRECTLY FOR SPECIFIC QUESTIONS OR INFORMATION***