

# High Performance

- **Men's team** played the South, ATL 404, Connecticut All Stars, Philly All Stars, Army West Point
- Our goals are (travel/season permitting):
  - Return matches vs ATL 404 as MLR opener, USA South, CT/Philly
  - Interested: Seattle/Pacific NW, Mexico?
- **Women's team** played Texas All Stars, MidAmerica, Life U, Penn St., USA South, Allegheny All Stars
- Our goals are to (travel/season permitting):
  - Participate in Texas all-star tournament again
  - Host another tournament
  - Interested opponents: Pacific NW, Jamaica, other?

## Thoughts on direction/changes to program:

- Host two open camps and put more emphasis on targeted team practices with a player pool.
- Give everyone an opportunity to try out before and after the new year and put the emphasis on making the groups we have cohesive with better overall coordination. Perhaps an area of weakness this past cycle due to schedule/structure.