

Maximizing Soccer Practice

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Maximizing Soccer Practice

Tanner Widic's services are in high demand down. The 15-year-old plays center forward for the soccer team and is the starting wide receiver, kicker and punter for the football team. All of this was ...

Mesa Ridge dual-sport sophomore Tanner Widic juggles big soccer, football roles simultaneously

I'm training hard year-round. But I don't think those are the things that make a difference. 'Cause everyone's training really hard. And everyone is really strong," Troup-Galligan said. "At a certain ...

How climber Phoebe Troup-Galligan hones a mindset for success

Raleigh Loughman and the Michigan women's soccer team tied Louisville 1-1 but adapted to beat Cincinnati 2-1 on a non-conference road trip.

Michigan's adjustments crucial in non-conference road games

2021 has been a summer of sport like no other, and as the Olympics has captivated us with amazing feats of strength, speed and precision, it's easy to forget that the UK soccer season is upon us ...

The new soccer season, data and real-time analysis

The Massachusetts Interscholastic Athletic Association sent out a statement Thursday morning mandating the use of masks for student-athletes and coaches during indoor competitions only. In the fall, ...

MIAA will require masks for indoor events, practices; optional for outdoor events

Thursday night brought another challenge for No. 3 Virginia, which faced reigning NCAA champion Santa Clara at the Fairfield by Marriott Invitational in Harrisonburg. The Hoos edged the No. 9 Broncos ...

Hoos Rising to the Challenge

Forks is looking to build back better after the graduation of 12 seniors, six of whom earned first or second all-league honors last spring, and the injury-inflicted loss of another first-teamer on ...

PREP FOOTBALL PREVIEW: Hard-nosed Forks building a culture of kindness

After a day largely won by the offense Thursday, it was the Florida State defense that responded Friday. This practice was FSU's third in full pads of the preseason so far. It put a great deal of ...

Takeaways from Florida State football's 12th preseason practice

Named for the Minnesota Vikings lineman who died from exertional heatstroke during a 2001 practice, the Corey Stringer Institute's mission "is to provide research, education, advocacy and consultation ...

Heat illness awareness on minds of coaches, administrators as temperatures rise

Five of the six players New Albany girls soccer coach Jared Dombrowski considered the spine of the Eagles have graduated.

Girls Soccer: Allie Metcalf driving New Albany Eagles' pursuit of first district title

What a thrill it was to watch the Canadian women's soccer team win the gold medal in a dramatic and nerve-racking shootout. We, as a nation, were able to pause for a moment, take pride and share in ...

Let's not leave the village at the Olympics

Your health and well-being as an entrepreneur impacts every area of your life, particularly your business and its destiny for success.

Prioritizing Your Health And Well-Being Will Propel You To Entrepreneurial Success

The Ivy League is returning to the playing fields this fall with plans for a full football season even as the delta variant of COVID-19 continues to spread ...

Ivy League sports return as way they went out: cautiously

The Central Office for Recovery, Reconstruction and Resilience (COR3) carried out a series of orientation sessions on the management of funds under sections 428 ...

COR3 leads sessions on how to maximize use of reconstruction funds

Reducing news to hard lines and side-taking leaves a lot of the story untold. Progress comes from challenging what we hear and considering different views.

Today's Premium Stories

School night tussles, ballet lessons, soccer practice. It sometimes feels like ... you should use a credit card that will maximize your rewards and potentially even score special discounts.

14 restaurant loyalty programs that are worth joining

Mesa Ridge dual-sport sophomore Tanner Widic juggles big soccer, football roles simultaneously Tanner Widic, a sophomore at Mesa Ridge High School, poses for a portrait during football practice at ...

'He's definitely worth sharing': Mesa Ridge dual-sport sophomore Tanner Widic juggles big soccer, football roles simultaneously

Practice begins in cross country, soccer and field hockey on Thursday. Clouds might offer some respite on Friday before temperatures drop to the mid-70s during the day on Saturday. Programs ...