

Aldo Barone gets ready to bash it--hopefully with his head.



As Alfredo Lopez, Matt Fain, Sean Macias and Kyle Holland demonstrate, a lot of conditioning is the secret to soccer success.



Captain Joe Markowski finishes his wind sprint after a good game.





Joe Markowski heads the ball towards a waiting Chris Boggs.



Kyle Holland swerves and avoids his attacker.



Goalie Jon Campos guards his domain.