



Winter Soccer Training Program

January 12 - March 5, 2009

Bergstrom Indoor Training Facility

State of the art facility (players can wear cleats) - Challenging & motivating curriculum - High emphasis on technical development - Low player: coach ratio optimizes development - Focus on individual player development - Nationally & State qualified coaching staff - All players welcome, regardless of club affiliation - Players divided into groups by gender & age - Eight weekly training sessions - Two Game Days* (January 17th OR 18th and January 31st OR February 1st) * all age groups except U6

Schedule & Costs

| | | | |
|-------------------------|--------------|----------------|-------|
| U5/U6 (Kindergarten) | Mon. OR Tue. | 6:30—7:25 p.m. | \$65 |
| U7/U8 (1st/2nd grade) | Mon. OR Tue. | 6:30—7:25 p.m. | \$75 |
| U9/U10 (3rd/4th grade) | Mon. OR Tue. | 6:30—7:25 p.m. | \$82 |
| U11/U12 (5th/6th grade) | Thu. | 6:30—8:00 p.m. | \$130 |
| U13/U14 (7th/8th grade) | Tues. | 7:30—9:00 p.m. | \$130 |
| High School | Mon. | 7:30—9:00 p.m. | \$140 |
| Speed & Agility | Mon. OR Tue. | 6:30—7:25 p.m. | \$65 |

REGISTRATION FORM (One form per player)

Player Name _____ DOB _____ Parents/Guardian Name _____

Address _____ City _____ Zip _____

Tel. #. _____ Cell #. _____ Email _____

Session(s) - check box: U6 Mon. U6 Tue. U8 Mon. U8 Tue. U10 Mon. U10 Tue.

Speed & Agility Mon. Speed & Agility Tue. U11/U12 U13/U14 High School

I hereby release Ames Soccer Club and the coaches from any and all claims and liabilities of any kind of personal injury and property damage arising out of participation in this soccer camp. I certify that my child is in good health and is able to participate in all activities.

NAME: _____ SIGNED: _____ DATE: _____

Please make all checks payable to **Ames Soccer Club** & send to Gary Eyles, C/O Winter Program, 5201 Cervantes Drive, Ames, IA 50014

For Further Information Contact Gary Eyles at (515) 360-5117 or garykix@mchsi.com

Sign-Up Now! - (Deadline is December 15th)