



# Winter Soccer Training Program

**January 7 - February 28, 2008**

**Bergstrom Indoor Training Facility**

**Winter Training Program Includes;**

## Training Sessions

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

## Game Days \*

\* All age groups except U6  
 7 vs. 7 fast-paced soccer action  
 Low roster numbers = more playing time  
 U8 & U10 vs. players within the training program  
 U11 + vs. teams from other clubs (not game day 1)  
 Schedule to be confirmed, on following afternoons:  
 January 19th OR 20th  
 January 26th OR 27th  
 February 2nd OR 3rd

## Schedule & Costs

U5/U6 (Kindergarten)	Mondays OR Tuesdays	6:30–7:25 p.m.	\$65
U7/U8 (1st/2nd grade)	Mondays OR Tuesdays	6:30–7:25 p.m.	\$75
U9/U10 (3rd/4th grade)	Mondays OR Tuesdays	6:30–7:25 p.m.	\$82
U11/U12 (5th/6th grade)	Thursdays	6:30–8:00 p.m.	\$130
U13/U14 (7th/8th grade)	Mondays	7:30–9:00 p.m.	\$130
High School	Tuesdays	7:30–9:00 p.m.	\$140

**Sign-Up Now! - Online Registration at <http://amessoccer.org/indoor.html>**

**(Deadline is December 15th)**

**For Further Information Contact Gary Eyles at (515) 360-5117 or [garykix@mchsi.com](mailto:garykix@mchsi.com)**