

## Winter Training Program Information Sheet

### Location

All practices will be held in the Bergstrom Indoor Practice Facility which is located next to Jack Trice Stadium on South Fourth Street. There is ample parking adjacent to the facility.

### Teaching Groups and Coaches

All players have been contacted regarding the group assignments. The facility is divided into six playing areas and a map of the facility can be found on this web page.

### Time to arrive and what to bring

On the first night go immediately to your group's playing area and the respective coach will do a role call to make sure everybody is where they are supposed to be. Try to arrive 5-10 minutes early so that your child can find their field and coach and then we can begin the sessions promptly. Players should dress as if they were going to play outside in weather between 55-60 degrees (temperature of Bergstrom facility), including wearing shin guards and cleats (this is a synthetic turf that replicates the feel and play of grass). Recommend wearing sweatshirt and sweat pants with shorts underneath. Players can always take off layers of clothing as they warm-up.

- Water **only**
- **No** chewing Gum
- Soccer ball (ideally inflated)

### Non-Ames Soccer Club (ASC) Players

Any player who plays for another Iowa Premier Soccer League (IPSL) club **MUST** inform their coach or club's director of coaching before participating in the training program. The notification will satisfy any league rules related to recruiting.

***All non-ASC players MUST complete the attached medical release and return to Gary Eyles. There will be no participation for those players who fail to complete the release.***

You can return the form to me directly via email or by handing to your respective coach at the first training session.

### Facility Rules

- NO gum
- Only water is allowed
- NO kicking balls against the walls
- Folding chairs are OK as long as they are the camping type with blunt ends. No sharp or pointed legs.

### **Game Days (U8 - U18 ages only)**

There will be two game days on Sunday January 31st and Saturday February 13th (both afternoons). A more detailed game day schedule will be emailed out later this week.

The U8 and U10 age groups will play in-house games amongst themselves. U8 will play 4 vs. 4 and U10's will play 7 vs. 7 format. The players will be placed on random teams to ensure balance of abilities resulting in competitive games.

U11 and older age groups will play either in-house games or play against other clubs (still to be finalized). The format will be 7 vs. 7 - 11 vs. 11.

***Due to the fact we have a number of non-ASC players participating the only requirement for "uniforms" will be to wear a white T-shirt.*** We will utilize pinnies to designate teams. If you cannot attend any of the game days please let Gary know ahead of time so that we can ensure we have a replacement if needed.

### **Weather Cancellations**

If we have to cancel sessions due to inclement weather then we will notify you as soon as possible by email. We will also post a notice on the front page of our website [www.amessoccer.org](http://www.amessoccer.org) and you can also email or call me for updates.

If you have any questions please do not hesitate to call or email. I look forward to seeing you next week.

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