

SporTrak
474 Chadwick Street
Sewickley, PA 15143
412-741-7787



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- **Open to All Under 12 Players & Younger**
 - **Training begins Wednesday January 13, 2016**
 - **7 Week Training Program**
 - **Fee: \$70**
 - **Fees Payable To: SporTrak**
 - **Sessions for U6 thru U12 will begin promptly at 6:00 pm and end at 7:30 pm**
 - **Players will need to bring the following: Soccer Ball, Water Bottle, Shin Guards**

Each session will be dedicated to proper soccer techniques. This will include passing, dribbling, shooting, fast foot work, moves on the ball and defensive techniques. The sessions will also cover speed training, agility, plyometric and strength training. The overall training program will be progression based each week with the hope that each player is playing at a higher level, is stronger and more fit at the end of the academy program.

Staff will include, but not be limited to:

Bill Pfeifer: Moon High School Girls Head Coach
Dan Work: Hotspurs Coaching Staff
Brooke Mangis: Seton LaSalle High School Girls Head Coach
Various Local High School and Club Players

Pre-Registration is Encourage Space is Limited

Please return the following form at your first training session

Players Name: _____ **Age:** _____

Contact Email Address: _____

Contact Email Address (2): _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

