



Training your body, empowering your mind, elevating your game

Summer Training Program

Most collegiate soccer players tell us the physical demands and speed of play, in both training sessions and game situations, exceed anything anticipated. If you are headed to training camp this August you need to be in the best shape of career. If college coaches are scouting you this summer, at camps or tournaments, you need to be fast and fit. Alaska Northstars' Soccer Synergy is designed to enhance your physical and mental development through focused training sessions elevating your peak performance.

Although many teams have conditioning sessions, not all clubs focus on teaching the proper technical concepts of speed and agility, and very few address the mental preparation needed for success at high levels. The program will incorporate the speed and agility concepts and equipment of *Speed Quest* and Bill Beswick's *Focused For Soccer* concepts of mental training. Along with the national programs each athlete will complete an individual player self-assessment to be evaluated and scored with specific goals and objectives set for each athlete.

Session cost of \$90* includes the following:

* Athletes enrolled in the Speed Quest camp June 25-26 may deduct 20% off the total cost.

- **Ten, 90-minute training sessions with pre- and post-assessment and accurate statistics timing**
- **Personal 12-week training manual to supplement team training**
- **Summary of self-assessment outlining personal goals and objectives, including a Goals Planner**

This program is open to all boys and girls from 15 years of age and older who are serious about their soccer performance and are willing to commit to attending all sessions.

Sessions run Wednesday mornings, 9:30 – 11:00, at the Wendler Middle School track.

Dates:

June 3, 10, 17, 24; July 1, 8, 15, 29; August 6, 13

To register please submit the following along with full payment to:

Alaska Northstars, 4651 Mars Drive, Anchorage, AK 99507

* If information is the same as previous registration only name, session, signature, and payment needed.

** Registrations will be accepted on a first come basis until sessions are full, limited to 20 participants.

SUMMER SESSION 2009 REGISTRATION

Name: _____

Birth Date: _____ **Tee-shirt size:** _____

Street Address: _____ **City:** _____ **Zip:** _____

Phone: _____ **Email:** _____

Parent Contact: _____ **Phone (work or cell)** _____