



Women's Soccer Skills Clinic

Sunday, October 2nd 2011

Location: UMass Dartmouth Main Campus

Tripp Athletic Center: Cressy Field

Who is invited?

This clinic is open to high school/club players age 14-17 and will focus on developing skills

What Participants Will Receive?

- Individual and/or Team Training
- Technical Skill practice, Small sided games
- Speed & Agility training, Plyometrics, Interval training
- Goalkeeper training, Finishing drills

Clinic Includes:

- 9:30 a.m Registration
- 10:00 a.m On Field Training Session
- 12:00 p.m On Field Games
- 1:00-2:00 p.m Presentation by UMass Dartmouth Coaches/Question and Answer session with current UMD players



What to Bring:

- Two sets of training shoes/sneakers, cleats
- Indoor soccer shoes
- Shin guards and socks
- Warm clothing

Tuition:

\$50.00

Payment Method:

(Payment in full is requested when registering)

-Check #: _____

Made payable to UMD Women's Soccer

-Cash

2011 Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone (Day): _____ Evening: _____

Email Address: _____ DOB: _____

Year of Graduation: _____

Club Team: _____ Position: _____

Contact head coach, Nicole Hanewich at (401) 258-8689

or e-mail nhanewich@umassd.edu to reserve a spot.