



Middle School and High School Functional Training Series

Sessions are designed to advance individual skill in each of the focus areas. Space is limited to no more than 10 players so reserve your spot today!

Training Location: Menard Center

Training Descriptions:

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| 1/8/2018 | Functional Training for Midfielders | 5:30-7pm |
| 1/15/2018 | Functional Training for Forwards | 5:30-7pm |
| 2/12/2018 | Functional Training for Defenders | 5:30-7pm |
| 2/26/2018 | Shooting and Finishing (all positions) | 5:30-7pm |

Registration:

Register for each session that is applicable to your position. If you play forward and midfield, register for both! Cost for each session is \$25.00.

Register today @
www.crossfirealaska.com

Questions: contact – admin@crossfirealaska.com

