



High School Performance Training Session #1

Performance Training is designed to concentrate on individual player development using dynamic, innovative training sessions that focus on Technical Skills, Speed and Stamina. Session #2 will start after Christmas and lead right in to the high school soccer season. Sessions are open to all skill levels.

Session #1 Dates/Times

Wednesdays 6-7:30pm

10/18,10/25,11/1,11/8,11/15,11/29,12/6,12/13

Location

Menard Sports Complex Turf

Cost

\$200.00 (Includes Training Top)

Click Program Registration to Sign Up!