



2009 All Skills Soccer Academy

Soccer promotes good health, fitness, teamwork and social acceptance. You need to work hard in order to be your best, and this pre-season tune-up will do just that! Longmeadow High School Varsity Coach Brad Miller will conduct this fast-paced clinic. All our coaches have achieved All New England and All American honors at the high school and collegiate levels, as well as excelling at the professional level.

WHO: Boys & Girls Ages 13 and older

WHEN: Monday, August 17 through Friday, August 21, 2009

WHERE: Central High School Soccer Field

TIME: 9:00 am- 12:00 noon

COST: \$120.00 Springfield residents
\$150.00 Non-Springfield residents



All participants should bring a soccer ball, water bottle, shin guards, outdoor cleats, as well as indoor footwear for days when weather will not permit outside activity.

The five day clinic will incorporate a progression of technical skills, circuit training, strength and agility, defensive positioning and technique, team shape, and GAMES! We will get you ready for your best season yet!!!

Pre-registration is required. Call the Recreation Office at 787-6435 for further details.