



**WINTER 2014 & 2015**

# **SOCCER TRAINING**



**Come train at North Jersey's #1 off-the-boards soccer facility!**

Many athletes are eager to find a solution that allows them to develop into a premier soccer player. Players often lack confidence in their technical, physical, and psychosocial ability. That is why many players have selected [First Shot Soccer](#) (FSS) as their winter training experts at [Turf City Indoor Sports Center](#) (TC) conveniently located at **1235 Rt.23 South, Wayne, NJ**. TC is North Jersey's #1 off-the-boards soccer facility and provides non-stop, fast-paced action. Novice to premier players have effectively increased their confidence, knowledge, and performance using FSS winter programs at TC.

FSS players are easily recognized for their high skill level, creative talent, and great sportsmanship all while enjoying the beautiful game of soccer. We are focused and committed to providing your child with tools they will need for successful player development. Confidence in their own abilities allows our athletes to consistently exceed expectations.

TC and FSS offer a selection of premier soccer programs during the winter 2014/15 season for boys and girls ages 7 to 18. Below are descriptions of each program. Please register early as space is limited.

For more information about winter programs please contact us at (201) 644-8733 or e-mail [info@firstshotsoccer.com](mailto:info@firstshotsoccer.com).

## **Available Programs:**

### ***FSS Basic (ages U8-U10)***

The *FSS Basic* program is designed specifically for players U8-U10. The *FSS Basic* program reinforces proper technique and develops players' athletic abilities through a sequence of lifting & juggling, eye-foot coordination, running with the ball, passing, receiving, moves while dribbling, and heading & crossing drills. Your child will learn how to dominate the ball by having the correct body mechanics. All this is achieved with game-like activities and is enjoyed by all players.

Registered players will receive a *FSS/TC* training T-shirt.

### ***FSS Intermediate (ages U11-U13)***

The *FSS Intermediate* program is designed specifically for players U11-U13. The *FSS Intermediate* program allow the developing player to be competent in all aspects of basic techniques through a sequence of educational movement and execution. Timing and delivery are important factors and knowing when and why to use a movement is one of the tactics repeated during this session. Your child will sharpen their technique, which will lead to execution, and finally leads to ball skill. Having skill allows players to execute a technique under the pressure of opponents in tight space and possibly on the run.

Registered players will receive a *FSS/TC* training T-shirt.

### ***FSS Advanced (ages U14-U19)***

The *FSS Advanced* program is designed specifically for players U14-U19. The *FSS Advanced* program provides tactical training and small sided-games. Important attacking and defending principles are covered and combined in all games allowing the player to increase their speed of play, transition ability, and attacking & finishing skills. Passing and finishing are two of the main techniques emphasized at this stage. Part of the technical training will be position specific and the physical aspect of the game is key at this stage; speed, strength & agility, and endurance drills will be part of the weekly training regimen.

Registered players will receive a *FSS/TC* training T-shirt.





**WINTER 2014 & 2015**

# SOCCER TRAINING



**Come train at North Jersey's #1 off-the-boards soccer facility!**

## Program Schedule:

*December 2014 Program (for those that don't want or need a break from soccer!)*

<p>Ages: U8-U11          Group: Boys and Girls          Day: Tuesday          Duration: 3 weeks          Time: 5:30 PM to 7:00 PM          Rink: A          Dates: <b>Dec:</b> 2, 9, 16          Cost: \$75</p>	<p>Ages: U12-U19          Group: Boys and Girls          Day: Wednesday          Duration: 3 weeks          Time: 6:00 PM to 7:30 PM          Rink: B          Dates: <b>Dec:</b> 3, 10, 17          Cost: \$75</p>
---	---

## Winter 2015 Programs

### **FSS Basic (ages U8-U10)**

Group: Boys and Girls  
 Day: Wednesday  
 Duration: 10 weeks  
 Time: 6:00 PM to 7:30 PM  
 Rink: B  
 Dates: **Jan:** 7, 14, 21, 28 **Feb:** 4, 11, 18, 25 **March:** 4, 11  
 Cost: \$295

### **FSS Intermediate (ages U11-U13)**

Group: Boys and Girls  
 Day: Wednesday  
 Duration: 10 weeks  
 Time: 6:00 PM to 7:30 PM  
 Rink: A  
 Dates: **Jan:** 7, 14, 21, 28 **Feb:** 4, 11, 18, 25 **March:** 4, 11  
 Cost: \$295

### **FSS Advanced (ages U14-U19)**

Group: Boys and Girls  
 Day: Monday  
 Duration: 10 weeks  
 Time: 7:00 PM to 8:30 PM  
 Rink: A  
 Dates: **Jan:** 5, 12, 19, 26 **Feb:** 2, 9, 16, 23 **March:** 2, 9  
 Cost: \$295



Bobby Calderon, Director of FSS

## Discounts: (only applies to 2015 winter programs)

Multi-person discount- 1<sup>st</sup> child = full price, 2<sup>nd</sup> child = \$20 OFF registration, additional children = \$20 OFF registration

Registration form on next page.



**WINTER 2014 & 2015**

# **SOCCER TRAINING**



**Come train at North Jersey's #1 off-the-boards soccer facility!**

**Player/ Contact Information:**

Program Selection: \_\_\_\_\_ Session (age group and night): \_\_\_\_\_

Player Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Alternate Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

**Parent/Guardian Contact Information:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Payment Information:** Once payment is made it is non-refundable

(Please mark one) Credit Card: \_\_\_\_\_ \*Check: \_\_\_\_\_ Cash: \_\_\_\_\_

\*if applies there will be a \$30 penalty incurred for any checks that are returned

Credit Card: Amex: \_\_\_\_\_ Visa: \_\_\_\_\_ MC: \_\_\_\_\_ Disc. \_\_\_\_\_ (Please mark one)

Credit Card #: \_\_\_\_\_ Print Name on Card: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security # (3 digits on back of card): \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Driver's License # \_\_\_\_\_ (provide only if paying by check)

*By signing above, I agree to the terms of full, non-refundable, payment of \$ \_\_\_\_\_ on the credit card provided above.*

**MAKE CHECKS PAYABLE TO: TURF CITY SPORTS CENTER**

**FOR MORE INFORMATION: VISIT OUR WEBSITE AT: [WWW.TURFCITYSOCCER.COM](http://WWW.TURFCITYSOCCER.COM)**

**Waiver of Liability, Assumption of Risk, and Emergency Contact Form**

In consideration of being allowed to participate in any way in the above listed sport, related events, and activities, I, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in these sport events is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and
2. I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my participation; and
3. I willingly agree to comply with the stated instructions and policies and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify and hold Turf City Sports Center and their officers, officials, agents and/or employees, other sports participants, sponsoring agencies, sponsors, advertisers, and if applicable owners and lessors of premises used to conduct the event or activity ("Releases") harmless with respect to any and all injury, disability, death, or loss or damage to person or property, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

I understand, agree and acknowledge that some activities may be of a hazardous nature and/or include physical and/or strenuous activity. Understanding this, I state that I have no medical condition or impairment that might inhibit my safe and active participation in the above listed sport. In addition, I understand that Turf City Sports Center does not provide medical insurance coverage for the participant and that any applicable medical insurance must be provided individually by such participant. In the case of injury or medical emergency and in the event the participant, or their parent or guardian cannot respond at the time of the emergency, Turf City Sports Center has permission to seek, administer, or have administered whatever first aid or emergency medical care deemed necessary for the participant's welfare, and it is understood that the participant, and not Turf City Sports Center shall be responsible for any and all charges for such health care services regardless of whether the participant's medical insurance would cover such charges.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If participant is under the age of 18, parent/legal guardian signature)

Printed Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Relation:** \_\_\_\_\_ **Phone:** \_\_\_\_\_