



Pre-Season Programs in 2013

Junior Player Program and Adult Fitness Program.

The club are pleased to update our Junior Players and Senior Players on two pre-season coaching programs.

Six x Weekly Sessions from Monday 4th February until Monday 11th March 2012

The Junior Program.

Time: 5:30pm to 6:45pm
Date: Gladesville Reserve
Cost: \$100
Registration: Log onto www.shop.sportskickstart.com.au (click on Soccer KickSTAR product category) and register your position. You can pay online or bring your cash/cheque to the first session on Monday 4th February 2013.

This program is to get our junior players back into the footballing groove and getting their skills super sharp for the 2013 Season. The program is run by Soccer Kickstart and one of their elite football coaches will run the program.

Suitable for players from 8 Years old to 16 Years Old.

The Adult Fitness Program.

Time: 7:00pm to 8:30pm
Date: Gladesville Reserve
Cost: \$100
Registration: Log onto www.shop.sportskickstart.com.au (click on Soccer KickSTAR product category) and register your position. You can pay online or bring your cash/cheque to the first session on Monday 4th February 2013.

This program is targeted at senior players and coaches. It allows them to work their way back into fitness with a specific focus on football skills. The program is run by Soccer Kickstart and one of their elite football coaches will run the program.

Suitable for the semi-fit existing player, returning players and our coaches.

Look out for more information to get you sorted for the upcoming football season.

Kind Regards

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