

Tri-Cities Soccer Association



FALL/WINTER INDOOR TRAINING

www.tcsa.net

THE TRI-CITIES SOCCER ASSOCIATION

The Tri-Cities Soccer Association has been serving the Tri-Cities communities for more than 30 years, providing competitive soccer for both recreational and traveling players.

- Fox Valley's largest soccer club.
- Affordable pricing.
- US Soccer Federation National licensed trainers.
- TCSA supports extra-curricular activities and multi-sport athletes.
- Year round training is available through the club.
- Multiple teams in each age group with varying competitive levels.
- Community-based with volunteer parent coaches or full-time trainer-led teams.
- A team spirit experience based upon long term relationships.
- No fundraising or buy-outs required.
- Strong partnership with the Park Districts in St. Charles, Geneva, Batavia and South Elgin.

TCSA's Indoor Facility

The indoor facility is located at:
**731 North 17th Street
St. Charles, IL 60174**

Drive East on Dean Street from Randall Road to 17th Street. Turn Left on 17th Street. Turn Left at the first driveway after the retention pond and proceed to the West side of the building.

For additional info,
please contact:

TCSA Office at **630.377.1101**

or send an email to

tcsa@att.net or

tcsatraveling@sbcglobal.net



TCSA INDOOR TRAINING Registration/Waiver Form

Please fill out completely, detach and mail.

Complete a separate form for each child.

If registering more than one child, submit all applications with one check for the total amount.

Player Name _____

Grade _____

Age _____

Gender _____

Birth Date _____

Parents Name _____

E-mail _____

Address _____

Home Phone _____

Emergency Phone _____

Program Level (Circle One): Recreational Travel High School

Session (Circle One): Fall Winter

Age Group _____

Training Program (Hand in Hand, Super Soccer Skills, etc.) _____

Session Dates and Times _____

Total Cost _____

Send Check and Registration to:

Tri-Cities Soccer Association
P.O. Box 477. St. Charles, IL 60174

Families that are new to Tri-Cities Soccer will be required to sign a waiver and show child birth certificate prior to the first session.

Signature of Parent or Guardian _____

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TCSA FALL/WINTER INDOOR TRAINING (All dates and times subject to change)

All Fall Sessions will have one training session on Saturday, December 19th (time same as original program) to allow the 7 sessions to be complete before the Holidays.

A \$10 per family late fee will take effect beginning November 1 for Fall Sessions and December 12 for Winter Sessions.

	Age Group	Duration/Cost	Dates/Times	Description
Hand in Hand	Under 5 Years Old	45 minute sessions 7 weeks/\$80	Fall Session November 16 – December 21; Mondays 3:30 pm Winter Session January 11 – March 15; Mondays 3:30 pm	The Fall '09/Winter '10 training for Hand in Hand is designed for children born between September 2nd, 2004 and September 1st, 2005. The objective of the program is to provide young players and their parents with a "pressure free" introduction to the game of soccer that requires little or no practice and minimal time commitment.
First Kick	6-8 Years Old	55 minute sessions 7 weeks/\$100 10 weeks/\$150	Fall Session (7 weeks) November 16 – December 21; Mondays 4:30-5:25 pm Winter Session (10 weeks) January 13 – March 17; Wednesdays 4:30-5:25 pm	First Kick is designed for boys and girls to provide them with basic fundamentals such as passing, dribbling, and ball mastery. Additionally, participants will work on balance, coordination, and body control.
Kickers	9-12 Years Old	55 minute sessions 7 weeks/\$100 10 weeks/\$150	Fall Session (7 weeks) November 16 – December 21; Mondays 5:30-6:25 pm Winter Session (10 weeks) January 13 – March 17; Wednesdays 5:30-6:25 pm	Kickers builds on the techniques of passing, receiving, dribbling, shooting and a series of new moves under pressure. Additionally, participants will work on balance, coordination, and body control.
Super Soccer Skills Footskills	(U7-U8) Rec (U9-U12) Rec (U14-U18) Rec (U9-U11) Travel (U12-U14) Travel (U15-HS) Travel	55 minute sessions 7 weeks/\$100 10 weeks/\$150	RECREATIONAL PROGRAM Fall Session (7 weeks) November 18 – December 23; Wednesdays 4:30-5:25 pm Winter Session (10 weeks) January 11 – March 15; Mondays 4:30-5:25 pm <hr/> TRAVEL PROGRAM Fall Session (7 weeks) November 16 – December 21; Mondays 5:30-6:25 pm Winter Session (10 weeks) January 13 – March 17; Wednesdays 5:30-6:25 pm	The single most important thing a child can learn in soccer is to be comfortable with the ball at their feet. The most effective way to establish and enhance that comfort is to give them multiple touches on the ball. The Super Soccer Skills program will help participants develop confidence and comfort with the ball at their feet as well as learn soccer moves, techniques on faking to beat the opponent, increase their foot skills and more.
Speed and Agility	(U8-U10) Rec (U12-U14) Rec (U15-U18) Rec (U9-U11) Travel (U12-U14) Travel (U15-HS) Travel	55 minute sessions 7 weeks/\$100 10 weeks/\$150	RECREATIONAL PROGRAM Fall Session (7 weeks) November 16 – December 21; Mondays 6:30-7:25 pm Winter Session (10 weeks) January 13 – March 17; Wednesdays 6:30-7:25 pm <hr/> TRAVEL PROGRAM Fall Session (7 weeks) November 18 – December 23; Wednesdays 6:30-7:25 pm Winter Session (10 weeks) January 11 – March 15; Mondays 6:30-7:25 pm	Speed and Agility will allow players to improve balance, coordination, the ability to accelerate, decelerate and change direction quickly. Players will improve foot speed, body control, quick speed off the mark, and quick acceleration over 10-15 yards. A ball will be used only sometimes during Speed and Agility.
High School Training	High School Aged Girls and Boys	90 minute sessions 8 weeks/\$120	Girls Winter Session (8 weeks) January 16 – March 6; Saturdays 12:00-1:30 pm Boys Winter Session (8 weeks) January 16 – March 6; Saturdays 1:30-3:00 pm	Allows high school aged players to have the opportunity to obtain ample touches on the ball while working on fitness, footskills, speed of play, passing, receiving, dribbling, and shooting. In doing this, players can improve themselves for their high school and/or college seasons. Players will be pushed to become better athletes, focusing on confidence, drive to succeed and the willingness to be challenged.