

SUMMER ATHLETIC DEVELOPMENT & SKILLS TRAINING

Open to all St. Augustine Armada, Academy, and Recreation Players born in 2010 and earlier

Increase:
**Speed, agility,
power, & strength**

Improve:
**Stability & core
development**

16 sessions for only:
\$130/player

Login to your account to register now:
www.ancientcitysoccer.com



TUESDAYS, THURSDAYS & SATURDAYS
June 14th – July 21st

4:30-5:30 p.m. (Sat. 9-10a) – 2010, 2009, 2008
5:30-6:30 p.m. (Sat. 10-11a) – 2007, 2006, 2005
6:30-7:30 p.m. (Sat. 11-12p) – 2004 and up
All sessions will be at Gamble Rogers

This off-season training will give our athletes a chance to cross train and focus on developing athletic skills while incorporating individual ball skills.

Programming to include:

- Speed, agility, & change of direction training
- Strength/resistance training
- Power & core development
- Proper movement principles to improve stability, mobility, & flexibility
- Conditioning principles

Sessions will be led by our Recreation and Academy Director, Casey O'Linn

Casey is a Certified Strength and Conditioning Coach (CSCS) through the National Strength and Conditioning Association and a USSF National "C" Licensed Soccer Coach

