

# WINTER ATHLETIC DEVELOPMENT

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

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

Improve:  
**Stability & core  
development**

18 sessions for only:  
**\$135/player**

Login to your account to register now:  
[www.ancientcitysoccer.com](http://www.ancientcitysoccer.com)



**TUESDAYS, THURSDAYS & SATURDAYS**

**November 27<sup>th</sup> – January 12<sup>th</sup>**

(NO SESSIONS THE WEEK OF CHRISTMAS)

5:00-6:00 p.m. (Sat. 9-10a) – 2010, 2009, 2008  
6:10-7:10 p.m. (Sat. 10-11a) – 2007, 2006, 2005  
7:20-8:20 p.m. (Sat. 11-12p) – 2004, 2003, 2002

**All sessions expected to be at Gamble Rogers**  
(TIMES & LOCATION SUBJECT TO CHANGE BASED ON INTEREST)

This off-season training will give our athletes a chance to cross train and focus on developing athletic skills that will enhance their soccer-playing performance.

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, along with other local Sports Performance Coaches

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