



FRASER VALLEY ACTION FC DEVELOPMENT TEAM PROGRAM

The Fraser Valley Action FC will be running a Development Team Program for female players born in 1997/1998. The purpose for this program is to offer insight as to what it takes to play at the College/University level. The program will also showcase these players to Colleges/Universities through exhibition games and tournaments. **Cost for this program is \$695/Player.** Some of the highlights of the Development Team Program are:

20 Training Sessions

- ▶ Tuesday and Thursday Nights 6:30-8:00
- ▶ April 19 – June 26
- ▶ Each session will consist of Agility Training, Personal Skill Development and Team Play

All Travel Expenses

- ▶ Hotel, Food and Vans/Ferries

Tournaments and Exhibition Games

- ▶ **Victoria Development Trip** (May 13/14/15, 2011)
3 Games vs Local Academies
Training Session with Victoria Highlanders W-League Staff/Players
Tour of University of Victoria
- ▶ **Spartan Cup** (June 3/4/5, 2011)
Includes a Player Seminar and Dinner on the 3rd
Hosted by Trinity Western University
- ▶ **Baker Blast** (June 24/25/26)
Blaine, Washington

Player Seminars

- ▶ Health and Nutrition
- ▶ Personal and Leadership Development
- ▶ Time Management
- ▶ Goal Setting
- ▶ "What it takes to be a Student Athlete"
- ▶ Guest speakers from University and College Teams

Training Kit

- ▶ Training Shirts
- ▶ Shorts
- ▶ Socks
- ▶ Pullover
- ▶ Sling Bag

Professional coaching and instruction from University female players

- ▶ Including Goal Keeping Coaches

For more info contact: fvaction@gmail.com

