



FRASER VALLEY ACTION FC

JUNIORS PROGRAM

The Fraser Valley Action FC will be running a Juniors Program for female players born in 1999-2001. The purpose for this program is to offer those players wishing to develop their "Personal Skills" and "Team Play" in a competitive environment. The goal is to give these players a solid foundation as they move into "Competitive" soccer. **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
- ▶ **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

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

