



# FRASER VALLEY ACTION FC UNIVERSITY PREP PROGRAM

The Fraser Valley Action FC will be running a University Prep Program for female players born in 1995 and 1996. 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 \$875/Player.** Some of the highlights of the University Prep Program are:

## 20 Training Sessions

- ▶ Monday and Wednesday Nights
- ▶ 7:00 -8:30 @ Trinity Western
- ▶ April 18 – June 26
- ▶ Each session will consist of Agility Training, Personal Skill Development and Team Play

## All Travel Expenses

- ▶ Hotel, Food and Vans/Ferries

## Development Trip/Exhibition Games:

- ▶ **Victoria Development Trip** (May 13/14/15)  
2 Exhibition Games vs Local Academies  
Training Session with Victoria Highlanders W-League Staff and Players  
Tour of University of Victoria
- ▶ **Exhibition Games** in front of College and University coaches

## Tournament:

- ▶ **Starfire Memorial Tournament** (May 28/29, 2011)  
Showcase Tournament Seattle, Washington
- ▶ **Spartan Cup** (June 3/4/5)  
Showcase Tournament hosted by Trinity Western University  
Includes a player seminar and dinner on the 3rd
- ▶ **Baker Blast** (June 24/25/26)  
Blaine, Washington

## Pacific Coast League team

- ▶ Players may be asked to train and play in games with the Pacific Coast League Team

## Player Seminars

- ▶ Health and Nutrition
- ▶ Personal and Leadership Development
- ▶ Mental Skills Training
- ▶ Time Management (Balancing Soccer and School)

## 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](mailto:fvaction@gmail.com)**