



Region 60 Alhambra/ Monterrey Park

ADULT TECHNICAL DEVELOPMENT PROGRAM

10 weekly sessions of 75 minutes each
August 30, 2010 – November 8, 2010 (TBD)

The purpose of our Adult Training Program is to provide people the opportunity to learn, develop and /or enhance some of the most common techniques used in the modern game of soccer. Through well organized and challenging sessions, the **SWAP** training method helps our players to develop a better appreciation and understanding of the game while working out a sweat and improving their fitness level.

MONDAY NIGHTS: 8:00 – 9:15 p.m. (TBD)

DATES: (TBD)

August 30
September 13, 20, 27
October 4, 11, 18, 25
November 1, 8

Cost \$ 145

Registration fee includes a full Adidas Uniform (\$35 value)
Cost per session is \$11 and no pro-rating is available

Field:

Almansor Park
800 S. Almansor St
Alhambra, CA 91801

- There is no age limit
- Males and Females are both welcome
- Every skill level is welcome but players will be grouped according to their soccer experience
- Every player must wear the full SWAP training kit, bring a properly inflated ball and wear soccer cleats and shin-guards.
- **This is a program strictly geared towards technical training. There are NO full games or any type of league play. It is strictly focused on technical drills, shooting on goal, beating opponents, and small-sided games.**

PRE-REGISTRATON DATES

We will be accepting registrations with payments at every Region 60 registration dates
Registration forms with payment can also be mailed to
PO Box 6276 Alhambra, CA 91801-6276)

**** ONLY 40 SPACES ARE AVAILABLE ****

For more information contact Rafa Moran at 213.359.8188
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