



## Indoor Training

Open to everyone ages U8 - U18

Indoor Training will include two training sessions per week, as well as one game of futsal per week.

Boy's training sessions will be held on Mondays and Wednesdays; Girl's training sessions will be held on Tuesdays and Thursdays. If you cannot attend your session, you are welcome to attend an alternate day.

Boys U8-U11	5:00-6:30 pm	Girls U8-U11	5:00-6:30 pm
Boys U12-U14	6:30-8:00 pm	Girls U12-U14	6:30-8:00 pm
Boys U15-U18	8:00-9:30 pm	Girls U15-U18	8:00-9:30 pm

Futsal games will be on Saturday afternoons (2:00pm - 8:00pm) using a league soccer format.

Goalie training for boys and girls will be held on Sunday afternoons from 2:00pm-3:30pm. Advanced Training sessions for the serious player whose goal is college and beyond will be on Sundays from 4:00pm-8:00pm. See our website for the complete schedule. [www.santos-fc.com](http://www.santos-fc.com).

**FULL SEASON PASS:** The cost will be \$230 per player for the 4-month full season pass for the first family member. Second child is \$180 and third child is \$130. \*Pre-registration full season pass prices (by October 21st) are \$220 for first child, \$170 for second child and \$120 for third child.

**7-SESSION PASS:** The cost is \$110 which may be renewed at the end of the 7th session. You may attend any session up to seven sessions. This pass is designed for the player that does not want to commit to the full season.

All sessions will be coached by the experienced Santos Coaching Staff. This is a great opportunity to play and develop over the Winter whether your child is playing one or more sports.

All training sessions and games will take place at the Ultimate Sports Center on Steelwood Road, south of the intersection of Kenny & Kinnear Roads. Ultimate Sports Center's website can be found at [www.ultimatesc.com](http://www.ultimatesc.com)

Advanced Training includes: Mental toughness, problem solving and speed training, taking play to the next level.

**OPEN HOUSE:** November 1, 2011 from 6:30-7:30pm for New Indoor Players (did not participate last year)  
November 2, 2011 from 6:30-7:30pm for Returning Indoor Players

**SPEED/AGILITY & STRENGTH TRAINING SESSIONS**

Basic athletic movements such as coordination, running technique, balance, motor skills, speed, agility and foot speed. This combined with specific strength training based on age group will reduce injury, increase quickness, increase speed in multi-directional movement, and develop balance and coordination through body awareness.

**TRAINING SESSIONS**

Will improve players technical, tactical, and decision making through training in game like situations

**FUTSAL**

Futsal is played on a basketball court with two small goals. Players use a smaller and slightly heavier ball to play. Rules are the same as outdoor soccer but the game is fast paced and a lot of FUN! Having a smaller ball really develops players ball skill and control. Each team consists of 5 players on the court (4 field players and a keeper)

To register, please complete form below, detach and mail with your check **payable to Santos FC** to:  
4279 Camborne Road, Columbus, Ohio 43220.

If you have any questions, please email Coach Maziya at [orunla45@yahoo.com](mailto:orunla45@yahoo.com) or Coach Alyx at [alyx1518@yahoo.com](mailto:alyx1518@yahoo.com)

Please Print All Information Clearly:

Age Group: \_\_\_\_\_

Player's Name: \_\_\_\_\_

Current Santos Player: Yes  No

Parent's Name: \_\_\_\_\_

Full Season Pass  7-Session Pass

Parent's E-mail: \_\_\_\_\_

Parent's Phone # \_\_\_\_\_