



F.C. Portland Academy Training

2008

What is the Academy Training Program?

The *Academy Training Program* is a dynamic, in-depth and progressive program for dedicated young soccer players in the U11-U18 age groups who are looking to further develop particular skill sets. For **members** of FC Portland, *Academy Training* is an optional program that supplements team training with exposure to a wider variety of coaches, players, and curriculum options. For qualified **guest players**, *Academy Training* provides an intensive opportunity to develop their skills in a small group setting with some of the best coaches in the region.

What are the Curriculum Options?

Players will have the opportunity to register for **up to 2 courses** this summer.

SAQ

Speed, Agility, and Quickness - the name says it all. In competitive soccer, it is not enough to have all the skills and tactics of the game. Soccer is an athletic competition that requires speed, agility, and quickness on and off the ball. This course is designed for those players who are interested in enhancing their technical ability by focusing on their core strength, speed, balance, flexibility, and explosiveness. The course will be designed and led by trained SAQ specialists.

Fitness

Fitness is an integral part of the game that requires dedication and determination. Some players in the highest levels are estimated to run as many as 10 miles in a single game. That said, fitness can be fun and rewarding for players at every level. This course is designed for those players who need to develop their endurance and effectiveness on the field. In a motivating environment, this course will help players get fit and will teach them exercises and activities that make fitness training more enjoyable.

Technique on the Ball

Soccer is a game of skill. Your knowledge of the game, your strength, and your speed mean very little if you cannot support them with a strong skill foundation. This is a course of pure technique. Players will focus on utilizing the proper technique when dribbling, trapping, and striking the ball. The coaching staff will test players to apply what they have learned by challenging them with different amounts of pressure and by working with multiple surfaces on the foot.

Passing and Possession

The "Academy Way" for years has been a "passing and possession" style of play. This course is designed purely around the skill and soccer IQ needed to maintain possession of the ball. Various concepts and theories will be introduced on when and how to pass and possess the ball on varying levels of pressure and under different game situations.

Pure Finishing

At the end of it all, it is about putting the ball in the back of the net. This course is all about the final 3rd. Players will work on technique and different ways to strike the ball when finishing. Players will also focus on attacking tactics—how to break down opponents to create scoring opportunities.

The PG Method of Brilliance on the Ball

Peter Gail (PG) will structure this class and focus on artistry and fun on the ball. Players will be introduced to exercises, techniques, and moves that Ronaldo, Ronaldinho, Messi, and Nimo have perfected. In this course, players will be challenged to be creative while working on various moves, juggling and "touch techniques."

Academy Training Summer Calendar

*Saturday, June 28 (9:00am-10:30am/10:30am-12:00pm)

Friday, July 25 (6:00-7:30pm/7:30-9:00pm)

Friday, August 22 (6:00-7:30pm/7:30-9:00pm)

Friday, July 18 (6:00-7:30pm/7:30-9:00pm)

Friday, August 1 (6:00-7:30pm/7:30-9:00pm)

Friday, August 29 (6:00-7:30pm/7:30-9:00pm)

All FRIDAY Academy Training Courses will be held at Liberty H.S.

*SATURDAY, June 28th—Academy Training Courses will be held at Hillsboro H.S.

Team Member Fees* \$125 per course (6 sessions)

Guest Player Fees* \$175 per course (6 sessions)

*The F.C. Academy Training fee is a flat rate that is non-refundable.

F.C. Portland Academy Training Gear: Official FC Portland training gear must be worn at all Academy Training sessions: Nike NAVY uniform shorts, FC Portland grey training t-shirt, Nike NAVY uniform socks.

A Nike Premier Club



Established in 1987 by Clive Charles



F.C. Portland Academy Training

2008

Player's Legal Name: _____

Gender: M F

Address: _____

Date of Birth: ____/____/____

City/State/Zip: _____

Age Group: _____

Grade Level in Fall 2008: _____

Home Phone: (____) _____ - _____

E-mail is our primary form of communication. Please print e-mail addresses neatly.

Primary E-mail: _____ Secondary E-mail: _____

Player's School: _____ Current Club: _____ Field Position(s): _____

Parent's Name: _____

Parent's Name: _____

Employer: _____

Employer: _____

Phone: (____) _____ - _____ cell work

Phone: (____) _____ - _____ cell work

Emergency Contact: _____ Relationship: _____

Phone: (____) _____ - _____ Health Insurance Co: _____

Group #: _____ Member ID #: _____

Academy Training Summer Calendar:

***Saturday, June 28** Friday, July 18
Friday, July 25 Friday, August 1
Friday, August 22 Friday, August 29

FEE PAYMENT:

Team Member Fees* \$125 per course (includes 6 sessions) = _____
 Guest Player Fees* \$175 per course (includes 6 sessions) = _____

**The F.C. Academy Training fee is a flat rate that is non-refundable.*

COURSE REGISTRATION:

Players may register for up to 2 courses (1st course from 6:00-7:30pm and 2nd course from 7:30-9:00pm).

- Speed, Agility, and Quickness (6:00-7:30pm)
- Speed, Agility, and Quickness (7:30-9:00pm)
- Fitness (6:00-7:30pm)
- Fitness (7:30-9:00pm)
- Technique on the Ball (6:00-7:30pm)
- Passing and Possession (7:30-9:00pm)
- Pure Finishing (6:00-7:30pm)
- Pure Finishing (7:30-9:00pm)
- PG Method of Brilliance on the Ball (6:00-7:30pm)
- PG Method of Brilliance on the Ball (7:30-9:00pm)

***PLEASE NOTE:** Saturday, June 28—the Early Classes will be held from 9:00-10:30am and the Late Classes will be held from 10:30-12:00pm

COMPLETED FORM and VALID SIGNATURE IS REQUIRED FOR ALL REGISTRANTS

Release of Liability: I, the parent/guardian of the registrant, a minor, agree that the registrant and I will abide by the rules of FC Portland Academy (hereafter referred to as FCPA), its affiliated organizations and sponsors. Recognizing the possibility of injury associated with soccer and in consideration for FCPA accepting the registrant for its soccer programs and activities, I hereby release, discharge and/or otherwise indemnify FCPA its affiliated organizations and sponsors, their Board of Directors, their employees and associated personnel, including the owners of fields and facilities utilized for the programs, against any claim by or on behalf of the registrant as result of the registrant's participation in the programs and/or being transported to or from the same, which transportation I hereby authorize. I give my permission for all medical care deemed necessary by a duly licensed doctor of medicine in my absence, for my dependent.

F.C. Portland Training Academy Fees: I understand that the F.C. Portland Academy Training fees are non-refundable and will not be pro-rated.

Parent/Legal Guardian Name: _____ Signature: _____ Date: ____/____/____

Credit Card Payment Authorization

Visa or MasterCard #: _____ Expires: ____/____/____

Authorized Signature: _____ Authorized Amount: \$ _____

Office Use Only

Paid \$ _____

Ck/CC # _____

Date: ____/____/____