

Soccer 360° (ages U9-above)

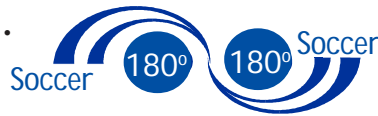
This six-week, one-hour, ADVANCED training session will focus on 15 minutes of speed and agility and 45 minutes of skill development, including dribbling, passing, receiving and first touch impact.



Soccer 180° (ages U9-above)

Strikers vs. Keepers...

Yes, you heard it correctly. Strikers and Keepers working



together to get what your player needs - THE FINISH. In this six-week, one-hour training session, strikers will work on their finishing skills, while keepers work with a trainer on goalkeeping techniques. The last half hour, game on -- live shooting between strikers and keepers.

Total Soccer 12 WEEKS (ages U9-above)



If you liked last year's 18-week clinic, this 12-week clinic is what you're looking for. These one-hour sessions will challenge your player in a format that offers them diversity each session. Each session will begin with a 10-minute speed and agility warm-up and will then focus on various skills. By week 12, the trainer's goal is to have your player master all facets of the game:

- **Weeks 1 through 4** will focus on foot skills;
- **Weeks 5 and 6** will up each player's passing and receiving skills;
- **Weeks 7 and 8**, crossing and finishing is the focus;
- **Weeks 9 and 10**, trainers will bring attacking and defending to the field; and
- **Weeks 11 and 12** is 'Coach's Choice' where trainers will evaluate what skills may need a second look.

3-2-1 Skills! (ages U6-U9)

This six-week Skill Session is geared for the younger player. Sessions will focus on technical drills with fun games to keep your young soccer player loving the game.

1 x ONE and DONE (ages U9-U12)

3-2-1 SKILLS

Busy parents? Kids involved in more than one sport? This one's for you! New this year is this 2-1/2 hour one-time, action packed session. Players will be exposed to skills, speed, and agility training along with nutrition education from top experts in the area. Local high school soccer players will be on hand to assist in skills and fun!

Team Training

City Islanders professional soccer players are available for team training. During your team's off season, there is no better time to add additional training from the pros. Have your coach call us today.

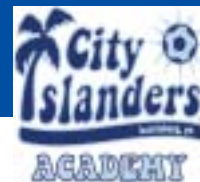
Visit
www.cityislanders.com
for days, times, and locations
or call
717-441-GOAL --
classes fill on a
first-come,
first-serve basis.

(All participants receive a t-shirt and 2011 City Islanders Ticket Voucher.)

Thank you to
our sponsors:



Indoor Training Schedule 2010-11



TOTAL SOCCER (Please select training by placing an 'x' in the left column.)

X	Location	Time	Class	Day	Dates	Cost
	In The Net	7 - 8 pm	TOTAL Soccer	Fridays	Nov 5, 12, 19, 26, Dec 3, 10 Jan 7, 14, 21, 28, Feb 4, 11	\$199
	Twin Ponds West	7 - 8 pm	TOTAL Soccer	Mondays	Nov 1, 8, 15, 22, 29, Dec 6 Jan 3, 10, 17, 24, 31, Feb 7	\$199

FALL (Please select training by placing an 'x' in the left column.)

X	Location	Time	Class	Day	Dates	Cost
	In The Net	6 - 7 pm	3-2-1 Skills	Fridays	Nov 5, 12, 19, 26, Dec 3, 10	\$99
	In The Net	6 - 7 pm	Soccer 360 ⁰	Fridays	Nov 5, 12, 19, 26, Dec 3, 10	\$99
	In The Net	7 - 8 pm	Soccer 180 ⁰	Fridays	Nov 5, 12, 19, 26, Dec 3, 10	\$99
	Sports City	6 - 7 pm	Soccer 360 ⁰	Wednesdays	Nov 3, 10, 17, 24, Dec 1, 8	\$99
	Sports City	6 - 7 pm	3-2-1 Skills	Wednesdays	Nov 3, 10, 17, 24, Dec 1, 8	\$99
	Sports City	7 - 8 pm	Soccer 180 ⁰	Wednesdays	Nov 3, 10, 17, 24, Dec 1, 8	\$99
	Twin Ponds West	7 - 8 pm	Soccer 180 ⁰	Mondays	Nov 1, 8, 15, 22, 29, Dec 6	\$99
	Twin Ponds West	7 - 8 pm	3-2-1 Skills	Mondays	Nov 1, 8, 15, 22, 29, Dec 6	\$99
	Twin Ponds West	6 - 8:30 pm	One and Done	Friday	Dec 3	\$39

WINTER (Please select training by placing an 'x' in the left column.)

X	Location	Time	Class	Day	Dates	Cost
	In The Net	6 - 7 pm	3-2-1 Skills	Fridays	Jan 7, 14, 21, 28, Feb 4, 11	\$99
	In The Net	6 - 7 pm	Soccer 360 ⁰	Fridays	Jan 7, 14, 21, 28, Feb 4, 11	\$99
	In The Net	7 - 8 pm	Soccer 180 ⁰	Fridays	Jan 7, 14, 21, 28, Feb 4, 11	\$99
	Sports City	6 - 7 pm	Soccer 360 ⁰	Wednesdays	Jan 5, 12, 19, 26, Feb 2, 9	\$99
	Sports City	6 - 7 pm	3-2-1 Skills	Wednesdays	Jan 5, 12, 19, 26, Feb 2, 9	\$99
	Sports City	7 - 8 pm	Soccer 180 ⁰	Wednesdays	Jan 5, 12, 19, 26, Feb 2, 9	\$99
	Twin Ponds West	7 - 8 pm	Soccer 360 ⁰	Mondays	Jan 3, 10, 17, 24, 31, Feb 7	\$99
	Twin Ponds West	7 - 8 pm	3-2-1 Skills	Mondays	Jan 3, 10, 17, 24, 31, Feb 7	\$99
	Twin Ponds West	6 - 8:30 pm	One and Done	Friday	Feb 4	\$39

Please complete information below or register on-line at www.cityislanders.com. If paying by check, please make check payable to 'City Islanders'.

(Mail form to City Islander Academy, 2090 Linglestown Road, Suite 103, Harrisburg, PA 17110.)

Player Name _____ Age _____ Sex _____

Parent/Guardian Name _____

Address _____ City _____ Zip _____

Phone _____ Email _____

T-shirt Size: YM YL AS AM Amount Due: _____

Check # _____ Cash \$ _____ CC # _____ Exp _____