



IRISH GIRLS SOCCER TRAINING PROGRAM



“WORK HARD AND GOOD THINGS WILL HAPPEN”

Hello Ladies~

Again this year we will add the IRISH GYM on our calendar along with the skills training dates. The Irish Gym also known as the Bigger, Faster, Stronger (BFS) program is HIGHLY recommended to ALL our IRISH soccer players. During the months of June and July on Monday's from 9:30 – 11:30 a.m. and Tuesday's / Thursday's from 7:45 a.m. to 9:45 a.m. the BFS program will improve all aspects of your athletic performance, including strength, power, speed, agility and flexibility. The BFS program is the most widely used and comprehensive high school weightlifting program in the United States. It also creates unbelievable intensity and progress in the weight room. The BFS Program is designed to increase athletic performance. It will make our athletes jump higher, run faster, shoot harder and be more explosive. BFS emphasizes athletes making small incremental gains every time they lift. RHS Coaches will lead this program. Girls looking to prepare for varsity level competition in the NEW South Suburban Conference will benefit greatly from both elements of this program. Individual growth and improvement is emphasized in a fun yet challenging program.

After that intense training, you will continue training out on the soccer field from 10:15 – 12:00 p.m. The cost will be \$140 per player. This includes the \$70 fee for the BFS training and \$70 for the skills training. We believe that adding BFS to our training sessions will help prevent injuries and make you a stronger player. Our outside training will consist of working on a designated technical exercise (ex. dribbling, shooting, passing, first touch, etc.). We will also end every session with small field games. The last 15 minutes of the training day you will be EXPECTED to complete a “TEAM” cool down run.

Our Irish Girls Soccer Program has become very strong and talented over the last 4 years and with the talent we have throughout our program we will continue to see success. We look forward to a great upcoming season and hope to finish at the top of the NEW South Suburban Conference this year. You are strongly encouraged you to participate both the Irish Gym and outdoor training sessions.

If you choose not to participate in the Irish Gym program the cost will be \$80 for the outdoor training ONLY. That will run from 10:15 a.m. – 12:00 p.m.

MSHL states that we are not allowed to work with our players the first week of July so, **THERE WILL BE NO TRAINING FROM JULY 1 – JULY 8.**

Please complete the registration forms on the last 2 pages and return to coach Tompkins

GO IRISH!!