



# IRISH SOCCER



## SUMMER SOCCER TRAINING

The Rosemount girl's soccer coaching staff is providing an opportunity to train and condition for the upcoming high school soccer season. Kevin Adams, Varsity Head Girls' Coach at Rosemount High School along with Nicole Tompkins, Assistant Varsity, and other coaching staff members, will provide an opportunity for girls to get a head start on their conditioning and training for the 2010 season.

The Irish gym sessions will run from 9:30 – 11:30a.m.on Monday's and 7:45 – 9:45a.m.on Tuesday's and Thursday's starting on Jun 14<sup>th</sup>. (It will be a girl's only program on Tuesday's and Thursday's)

The skills training will take place at 10:15 – 12:00p.m.on Tuesday's and Thursday's (after Irish gym) starting June15<sup>th</sup>.

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

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 to participate in both the Irish Gym and outdoor training. The cost for both programs will be \$140.

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 – 12:00 p.m.

Please return **BY MAY 28<sup>th</sup>** the bottom half of this form and if participating in the Bigger, Faster, Stronger program you'll need to fill out the BFS sheet also attached to this packet. **NO REFUND FOR IRISH GYM AFTER JUNE 11<sup>th</sup>**. Please send both forms and payment to:

Nicole Tompkins  
15460 Dresden Trail  
Apple Valley, MN 55124  
Make checks payable to Nicole Tompkins.

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\_\_\_ \$140 – BFS (Bigger, Faster, Stronger) and Skills Training – IRISH GYM  
\_\_\_ \$80 – Skills Training ONLY

Player: \_\_\_\_\_ School Year 10-11: F S Jr Sr  
(Please Circle)

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Cell: \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

AGREEMENT/WAIVER: I/We give permission for \_\_\_\_\_ to participate in the 2009 Irish Girls Soccer Training program. Recognizing the possibility of physical injury associated with soccer and consideration of the registrant's acceptance in the training program, we hereby release, discharge and/or otherwise indemnify RHS Soccer Varsity Soccer Coaching staff, trainers, volunteers, and associated personnel, against any claim by or on behalf of the registrant as a result of the registrant's participation.

\_\_\_\_\_  
Parent/ Legal Guardian (print) Signature Date

## IRISH GYM Registration

X	9 <sup>th</sup> – 12 <sup>th</sup> Grade Females Mon/Tue/Thurs	Mond – 9:30 – 11:30 Tues/Thurs – 7:45 – 9:45	\$70
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Grade for the Fall on 2010: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

### **9th-12th Grade Female Athletes - \$70**

This is a comprehensive three days a week BFS weightlifting and speed enhancement program. RHS Coaches will lead this program.

Girls looking to prepare for varsity level competition in the Lake Conference will benefit greatly from both elements of this program.

Individual growth and improvement is stressed in a fun yet challenging program. This program will meet Mondays (9:30-11:30am) and Tuesdays & Thursdays (7:45-9:45am).

## **CHAMPIONS are MADE**