



# IRISH SOCCER



## SPRING & SUMMER SOCCER TRAINING

The Rosemount girls' 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 2009 season.

The sessions will run from 8:00 -12:00 p.m. on Tuesday's and Thursday's starting on Jun 15<sup>th</sup>. **The first 2 sessions of outdoor training on June 16<sup>th</sup> and 18<sup>th</sup> will take place at JC Park in Rosemount. Just south of 42 off of Shannon Park. (NO OUTDOOR TRAINING ON June 30<sup>th</sup>, July 2<sup>nd</sup> and July 7<sup>th</sup>)**

You will be weight training, working on a designated technical exercise (ex. dribbling, shooting, passing etc.) and conditioning. By attending these sessions it will give you a chance to use the exercises you have been working on and put them to use in game situations. It will be a fun and exciting time while learning more about the game.

The cost of both the BFS program and skills training will be \$130. We strongly encourage you to participate in the BFS part of our training but if you choose not to participate in the BFS the cost will be \$70 and will run from 10:00 a.m. – 12:00 p.m.

Please return **BY MAY 29<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. Please send both forms and payment to:

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

\* \* \* \* \*

\_\_\_ \$130 – BFS (Bigger, Faster, Stronger) and Skills Training

\_\_\_ \$70 – Skills Training ONLY  
(Please check the one)

Player: \_\_\_\_\_ School Year 09-10: 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 Form**

- 9th-12th Grade **FemaleAthletes** (BFS)

Mon/Tues/Thurs

Tues- 8-10am

Thurs- 8-10am

Grade for the Fall of 2009: \_\_\_\_\_

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

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

E-Mail: \_\_\_\_\_

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