

C H E S A P E A K E U N I T E D WINTER TRAINING 2017

Chesapeake United's Winter Training Program is for players age 6 to 19 looking to continue training throughout the winter months to maintain and improve their technical and tactical abilities. Players in this program will be led through 8 weeks of training and games by CUSC staff and team coaches. There will be two days of training for 8 weeks during January and February – players may sign up for one or both of these days. On Tuesday, there will be a focus on technical training and Wednesdays will be reserved for game play. All sessions will be held under the lights at Hugo Owens Middle School (1997 Horseback Run, Chesapeake). Winter training is not limited to CUSC players – players from all clubs are welcome!

* This program is included in the fees for travel (competitive) players at no additional cost. *

AGE GROUPS, TIMES, DATES:

Tuesday:

6:00-7:15 → '10, '09, '08, '07, '06, '05 → BOYS & GIRLS TRAINING

7:15-8:30 → '04, '03, '02, '01, '00, '99/'98 → BOYS & GIRLS TRAINING

Wednesday:

6:00-7:00 → '10, '09, '08, '07 BOYS & GIRLS GAMES

7:00-8:00 → '06, '05, '04, BOYS & GIRLS GAMES

8:00-9:00 → '03, '02, '01, '00, '99/'98 BOYS & GIRLS GAMES

January Training Dates: 10, 17, 24, 31 /// January Game Dates: 11, 18, 25

February Training Dates: 7, 14, 21, 28 /// February Game Dates: 1, 8, 15, 22

PROGRAM FEES:

Training Only (Tuesdays) → \$40

Games Only (Wednesdays) → \$40

Training & Games (Tuesdays & Wednesdays) → \$60

REGISTER AT WWW.CHEAPEAKEUNITED.ORG

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