MANASQUAN INDOOR SOCCER TRAINING

**6 Weeks - Age Group Schedules**:

**TUESDAYS** - 12/7, 12/14, 1/4, 1/11, 1/18, 1/25

* 5:30-6:30PM: **Pre-K Coed** (Maximum 12 players)
* 6:30—7:30PM: **K-1 Coed** (Maximum 16 players)

**THURSDAYS** - 12/2, 12/9, 12/16, 1/6, 1/13, 1/20

* 5:30-6:30PM: **K-1 Coed** (Maximum 16 players)
* 6:30-7:30PM: **2-4 Coed** (Maximum 16 players)

**Where**: St. Denis Gym – 90 Union Avenue, Manasquan

***Space is limited! Sign up today!***

**Session Format:**

* Objectives: Improve dribbling/ball control, passing/receiving, defending and attacking 1v1s/2v2s/3v3s
	+ Technical Warm-Up
	+ 2-3 Game Related Activities
	+ Small Sided Games

**Soccer Trainer**: Joe Mitchell – Manasquan Soccer Director, USSF ‘D’ License & USC Premier Diploma

**Registration**

**Player Name: Grade: D.O.B:**

**Address:**

**City: Cell Phone:**

**Email(s):**

**Cost**: $70

Make checks payable to **Manasquan Recreation**

Mail registration and checks: Manasquan Recreation – PO Box 127, Manasquan, NJ 08736

**Release and Waiver:** I assume all risks associated with this recreation program. I release the following from any and all liabilities related to this program: Manasquan Recreation Commission and its members, employees and volunteers. The Borough of Manasquan and its departments and employees. The Manasquan School District and its employees and representatives. I waive any claim that I may have that is related to these liabilities. I make this release and waiver in consideration of the acceptance in my registration form. I have read and understand the terms of this release as well as the risks posed by this activity.

Parent Signature: Date: