

SRU Academy U8 Program

- Fun and Friendly Environment
- Professional Coaches



Hi,

My name is Alan Finnie and I am the Santa Rosa United (SRU) Academy Coordinator. I am responsible for development of the new and exciting SRU U8 boys and girls soccer program for 2010. Our aim is to build on the success of the SRU Winter Academy and after many discussions with parents, coaches and players we hope to offer the most affordable, flexible, fun and skill based soccer program in Sonoma County.

The U8 program for 2010:

- **Four six-week sessions** – conveniently arranged throughout the year, allowing players to take time off from soccer for family vacations, other sports, school and the recreational leagues to apply their newly learned skills.
- **Professional Coaching** – All practices will be held by a professional SRU coach.
- **Low Fees** – We have made the U8 sessions very affordable only \$75 per session.
- **Flexibility** – Attend all four sessions, or just one, we made this program flexible to fit your lifestyle.
- **Skill Focus** – Every practice will be skill-based with a keen focus on individual development. Practices will be challenging but not overwhelming and a lot of fun!
- **Fun and Friendly Environment**
- **No Tryouts** – we welcome everyone of all skill levels.
- **Bonus games – prizes – skill building competitions**
- **Player evaluations** – coaches will continually evaluate players with ideas for improvement.

I hope that you will join me by enrolling in our U8 program so that I can first hand demonstrate the difference that SRU can make to your child's soccer experience.

Kind regards,

Alan Finnie
U8 Academy Coordinator



Affordable Low Cost (less than \$6 Per Class)!

Player Benefits includes:

- Registration
- One shirt (per year)
- Twice weekly training
- Bonus Training Sessions

FAQ

Should my child register for SRU U8 program or a recreational soccer program?

We recommend that they could do both. The SRU U8 program is completely flexible, allowing a player the ability to play recreational soccer and SRU. We do not hold our program during the Fall recreational season so there is no schedule conflict.

Can a U8 "play up" with an older team?

Yes, that is one of the advantages of SRU. If we see a player whose maturity and skill allows then we can invite them to either guest play or join an older team (space availability). This is the ideal situation; the U8 Academy advances a player to be able to play at a higher level.

Advantages

Low cost, simple parental choice, allows other sports, short commitment, children could be part of program and still play for any other soccer clubs, and no tryouts.

Sessions

Session 1 – March 8 - April 14

Session 2 – April 19 - May 26

Session 3 – June 2 - July 9

Session 4 – Nov. 8 - Dec. 15

Note – this schedule is designed to encourage other sports, play recreational soccer, vacations and most importantly school.

What will we teach

We hope to build the foundation that our young players can grow on. In the SRU Academy we will be teaching the core skills needed to develop budding soccer superstars. We believe that maximum touches on the ball is the most important aspect of any training and we will encourage this as much as possible. These early soccer years can be the most crucial for skill development as we teach muscle memory movements, proper technique and most importantly, the freedom to express yourself on the soccer field - allowing the players to make their own decisions and find solutions to challenges on the field

Technique: Ball manipulation and mastery including, 1 v 1 movements, passing, receiving, shielding, and decision making skills.

Psychology: Working in pairs; sportsmanship; parental involvement; "how to play"; emotional management

Fitness: Agility; eye/foot and eye/hand coordination; introduce the idea of cool-down; movement education

Tactics: Being exposed to all positions; 1 v 1 attack; introduce positions, rules and tactics

2 ways to sign up: Complete the form below or go to www.srunited.com

Yes, sign me up for the SRU Academy U8 Program

Session 1 **Session 2** **Session 3** **Session 4**

Special introductory price – Only \$75 each – plus \$24 one time registration fee

Players name	Age	Sex	
Address	City	State	Zip
Home phone	Cell	e-mail	
Number of years player has played soccer	Last team/year played	Date of Birth	
Payment method			
<input type="checkbox"/> CHECK <input type="checkbox"/> VISA <input type="checkbox"/> MC	CC No. _____	Exp. date _____	
Checks Payable to "Santa Rosa United"			

By signing below, I authorize you to make the above charge to my credit card.

Signature _____ Print name _____

All fees are non refundable.

Mail to SRU, PO Box 12154, Santa Rosa, CA 95403