



U8 Program NEW – for 2010



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.

Some of the new U8 Academy features include:

- **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 at only \$75 per session. That's less than \$6 a training!!
- **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 the players with ideas for improvement

To help make this incredibly affordable for all families in this difficult economy, we have again lowered the SRU fees, while still ensuring that you get the quality of professional coaching for your U8 player. We will offer two practices per week plus extra optional bonus sessions.

So a little information about me, I am originally from Scotland and have coached in Santa Rosa United for the past four years. My resume included a BS in Sports Studies, numerous coaching certificates from the Scottish Football Association, including "Development," "Early Touches," "Coaching Youth Footballers," and "Physical Preparation for Youth Footballers". Before coming to America my coaching experience included three years as community coach with St. Mirren Football Club, two years as community coach with Glasgow Rangers, and three years with Major League Soccer (MLS) Camps in which I was the 2005 MLS Camps Coach of the Year. I support (Love!) Liverpool Football Club.

FAQ about SRU U8 Soccer:

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

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 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.

How often will we train?

Twice a week plus bonus sessions that we will build into the schedule. Regular practices to be held on weekdays with the bonus sessions on the weekends from time to time.

Is \$75 the total cost?

\$75 will cover the six week training sessions but there is a one time registration and administration fee to be paid of \$24 (only have to pay once no matter how many sessions you do). With payment you will also receive an SRU Academy shirt. When you register for multiple sessions the fee is just \$75 per session.

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.

Questions:

Please contact me, Alan Finnie at **wdacoordinator@hotmail.com** or **707-888-1207**.
Or contact Laurie Hurst at the SRU office at **administrator@srunited.com** or **707-541-7627**.

How do you sign up for the U8 program?

Either complete the form below or go to www.srunited.com and click on registration.

I look forward to meeting you and having the chance to educate your player on playing “Soccer the United Way”.

Kind regards,

Alan Finnie

U8 Academy Coordinator

P.S. Due to the low pricing + professional skill development coaching + our amazing Winter Academy player numbers, we expect this program to be very popular so we encourage you to sign up today!

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 _____
<i>Checks Payable to “Santa Rosa United”</i>			

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