



2022/2023 Winter Programs

Program	Session 1 \$95	Session 2 \$190	Description
U5 and U6 Pods	Tuesdays 5-6 pm 11/8, 11/15, 11/29, 12/6, 12/13	Tuesdays 5-6 pm 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7	The Pod Programs focus on proper technique to create good habits. Players are also challenged to utilize the skills being taught weekly. Players are continuously working towards developing complete ball mastery as well as physical literacy. TCSA guarantees a friendly atmosphere conducive to personal growth, concentration, and creativity. Each practice will include skills training and a scrimmage.
U7 and U8 Pods	Thursdays 5-6 pm 11/10, 11/17, 12/1, 12/8, 12/15	Thursdays 5-6 pm 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9	
U9 and U10 Pods	Tuesdays 6-7 pm 11/8, 11/15, 11/29, 12/6, 12/13	Tuesdays 6-7 pm 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7	
U12 and U14 Pods	Tuesdays 7-8 pm 11/8, 11/15, 11/29, 12/6, 12/13	Tuesdays 7-8 pm 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7	
Game Fit U8-U15	Thursdays 7-8 pm 11/10, 11/17, 12/1, 12/8, 12/15	Thursdays 7-8 pm 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9	
Fast Foot Work U8-U15	Thursdays 7-8 pm 11/10, 11/17, 12/1, 12/8, 12/15	Thursdays 7-8 pm 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9	The Fast Footwork curriculum is designed for each player to have a soccer ball at their feet for as much of the practice as possible. This class is designed for individual skill development for all ages and abilities.
Goalkeeping and Finishing U9-U15	Thursdays 6-7 pm 11/10, 11/17, 12/1, 12/8, 12/15	Thursdays 6-7 pm 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9	Goalkeepers are a key element to the game and require specialized training for the position. Players will learn proper form and be introduced to tactics based on age and ability. The finishing curriculum focuses on proper technique when finishing. Utilize different techniques when shooting a ball – power vs. finesse.

All classes will be held at Sportsplex of St. Charles, 1400 Foundry St.



Tri-Cities Soccer Association
P.O. Box 477
St. Charles, IL 60174
Phone: (630) 377-1101
Fax: (630) 377-2022
Email: tcsa@tcsa.net



2022/2023 Winter Programs Registration/Waiver Form

Please fill out completely and mail to: TCSA, P.O. Box 477, St. Charles, IL 60175
Or Register online at www.tcsa.net

Program	✓ Session 1 \$95 (Check One)	✓ Session 2 \$190 (Check One)
U5 and U6 Pods	Tuesdays 5-6 pm	Tuesdays 5-6 pm
U7 and U8 Pods	Thursdays 5-6 pm	Thursdays 5-6 pm
U9 and U10 Pods	Tuesdays 6-7 pm	Tuesdays 6-7 pm
U12 and U14 Pods	Tuesdays 7-8 pm	Tuesdays 6-7 pm
Game Fit	Thursdays 7-8 pm	Thursdays 7-8 pm
Fast Footwork	Thursdays 7-8 pm	Thursdays 7-8 pm
Goalkeeping and Finishing	Thursdays 6-7 pm	Thursdays 6-7 pm

Player/Parent Information	
Players Name:	Birth Date:
E-Mail:	Home:
City:	Cell:
State:	Zip:
Emergency Contact Name & Phone No.	

Payment Information	
<input type="checkbox"/> Credit Card	<input type="checkbox"/> Check (Make Payable to TCSA)
Name on Card:	
Credit Card Number:	Expires: CVS:

All programs must have a minimum of 10 participants. No refunds will be given after the first class has started.

I certify that my son/daughter is in good health and capable of participating in all soccer drills. I also grant the directors permission to obtain specialists in the event of an emergency and agree to bear the expenses of such procedures. I understand that all applicants are required to have accident insurance coverage during the sessions.

Parent/Guardian Signature: _____

Date: _____



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