



NORTH RIDGEVILLE HIGH SCHOOL SOCCER PROGRAM ATHLETE DEVELOPMENT CLASS



One of the most important parts of a young person’s journey in developing their overall athleticism is learning how exactly their body works – how it moves and how it responds when and how they want it to. This spring, North Ridgeville High School Soccer will again be hosting Athletic Development Classes that will help your child with exactly that!

Each Monday, starting March 30th through June 8th (excluding; April 13th, May 25th, June 1st) we will provide training for athletes specific to their age group and developmental needs. Training will focus on improving coordination, balance, agility, speed, and overall strength. Each class will be one hour in duration and will include a quick warm up, a training session specified to your child’s age and ability, and a cool down. We will also spend a brief amount of time going over and reinforcing healthy eating habits, proper rest, and ways to care for their body to keeping them improving safely and effectively!

Classes will be run by our Men’s and Women’s NRHS Soccer Coaching Staff along with many of our high school soccer players! **Classes will be held inside the community gym at the NRAC.** Players should enter through the north door of the complex adjacent to the rear of the stadium labeled “Community Entrance.” **The only equipment required is comfortable athletic clothing (shorts, t-shirt, tennis shoes), water or sports drink, and a healthy post workout snack!**

Players can register online at WWW.NRASL.COM for any of the three time slots. Players should try to register for the “PRIMARY Age Group” time slot if able, but secondary is available as well if time requires. **Cost is a very low, \$40 total, breaking down to \$5.00 per session.** Registration is open and space is limited so please take advantage of this opportunity soon!

	PRIMARY AGE GROUP	SECONDARY AGE GROUP
5:00 - 6:00pm	High School Prep (U13/14/15)	U10 through U12
6:00 - 7:00pm	U10 through U12	U6 through U9
7:00 - 8:00pm	U6 through U9	U10 through U12

8 TRAINING DATES: March 30th; April 6th, 20th, 27th; May 4th, 11th, 18th; June 8th

