

FLAG FOOTBALL

Program Instructor: Tim Peng

Description of Program: Compete provides its athletes with the opportunity to take athletic development into their own hands. With the ability to play, practice & train while led by their top coaches & using their best coaching strategies, the athletes within this program will be given the tools to achieve their long-term goals. Your athletes will be able to target their weaknesses and focus on becoming complete and successful athletic competitors. Having the tools to make a play in any situation on any playing field while having CONFIDENCE in your ability to do so is a top priority for our coaches to impart on our players. A typical class includes speed and agility work (Ladders, cone drills, footwork), hand-eye coordination, catching and throwing practice, basic routes/formations and match play (4 teams Round Robin).

Dates: Two 90-minute Friday sessions on 4/26 and 5/3

Time: 1:00-2:30 PM. **Please send your child with a lunch. We will have lunch together from 12:30-1:00 pm**

Location of class: Rand Gym (or if weather permits, the front field)

Pick-up location: Main Entrance at 2:30 pm (after 2:30 pick up at the Huntington House)

Price: \$65

SOCER CLINIC

Program Instructor: Coach Tim Peng, Babson College Men's Soccer Coach

Description of Program: Compete Soccer Academy is a skills development program aimed at giving players at all levels the tools they need to develop on and off the field. Our focus is to develop each athlete's physical, technical, and tactical potential through passionate coaching in a positive and fun atmosphere. We are the go-to training resource for the local soccer community. A typical class will include: Footwork / Skills (tik-tok, scissors, fake shots) Drills to work on important team concepts: passing, movement, dribbling, offense/defense Match Play Fun Games

Dates: Six 90 minute sessions on the following Fridays: 4/12, 5/10, 5/17, 5/24

Time: 1:00-2:30 PM. **Please send your child with a lunch. We will have lunch together from 12:30-1:00 pm**

Location of class: Rand Gym (or if weather permits, the front field)

Pick-up location: Main Entrance at 2:30 pm (after 2:30 pick up at the Huntington House)

Price: \$110