

RIVER SOCCER CLUB'S *TECHNICAL ACADEMY*



Program Overview:

Objective: *This program is designed to give dedicated players the opportunity to train outside their normal team dynamic. The program is ideal for the motivated soccer player looking to improve their technical ability on the ball. Each session will focus on a specific technique of the game such as dribbling, passing, receiving, ball control, & striking the ball.*

8x Sessions

Cost: \$70

Monday, April 24th - June 19th

6pm – 7:15pm

Ages: U9 (2008s) - U14 (2003s)



LEAD INSTRUCTOR: LYDIA HASTINGS

302-249-1610 | lydiahastings2590@gmail.com | www.riversoccerclub.com

Training Schedule:

Mon, April 24 th @ 6pm	Mon, May 1 st @6pm	Mon, May 8 th @6pm	Mon, May 15 th @6pm
Mon, May 22 nd @6pm	Mon, June 5 th @6pm	Mon, June 12 th @6pm	Mon, June 19 th @6pm

Lead Instructor: *Lydia Hastings' Player Bio***Professional Soccer Career:**

CD Transportes Alcaine, Spanish Primera Divion (2015)

Herford SV Borussia Friedenstal, German Frauen Bundesliga (2014)

PK35 Vantaa, Finland Naisten Liga (2013)

U.S. Women's National Team (U18s & U20s)

Collegiate Soccer Career:

University of Maryland College Park, NCAA Div. 1 (2008-2012), Team Captain (2011-2012)

Registration: Please email Lydia Hastings to register for Technical Academy lydiahastings2590@gmail.com & bring the registration form with payment to first training session

Registration Form

Players Name: _____

Players Age (DOB): _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

*Email: _____ Phone #: _____

(*This is how we communicate if changes in schedule)

Emergency Contact: _____ Emergency Contact #: _____

Fees- The fee for enrollment into RSC Technical Academy is **\$70.00** for the Spring sessions which includes 8 training sessions.

Make checks payable to: *River Soccer Club*

Contact: Lydia Hastings 302-249-1610 lydiahastings2590@gmail.com

_____ has my permission to participate in the RSC Technical Academy, sponsored by the River Soccer Club. I here-by assume the risk of all accidents and of all personal injury and any other loss or damage which he/she may suffer while attending this camp. I hereby absolve the River Soccer Club, its officers and Board of Directors, and its agents, and employees, along with the camp, coaches, camp instructors, and other volunteer workers from all liability of any personal injury, loss or damage that he/she sustains as a result of him/her being injured while participating in the River Camp activities. I also certify that my child is covered under an accident and health insurance policy which covers his/her participation in this camp.

Parent/Guardian Signature _____

Date _____