

# **LISC WINTER PROGRAM**

Dear LISC Parents/Players,

I am excited to introduce a new winter program beginning in 2006 for the Little Illini Soccer Club. Our winter training program will be a combination of sports performance training and technical/ball work training. The sports performance training will be designed for us in an age-specific curriculum by Lee Taft of Sports Speed, Etc. ([www.sportsspeedetc.com](http://www.sportsspeedetc.com)) This will include exercises/drills to improve fitness, speed, strength, agility and proper explosive movement while reducing risk of injury and making it more sports specific. Sports performance training will be administered by the LISC coaching staff during the winter. Lee Taft will be providing a coach's clinic to better educate the coaching staff on implementation of such techniques and training. Below you will find information on what is offered for the winter and what it is going to cost you.

## **COST**

The cost for the program will be as followed:

Ages 8	\$100
Ages 9-11	\$125
Ages 12-14	\$145
Ages 15-18	\$175

These prices will cover facility rental at two sites, equipment for the sports performance program, coach's compensation, and an age specific curriculum for all ages in LISC. The differentiation in price structure is based on contact time of coaches to players throughout the winter. Please give payments to your parent representative/team manager so that he/she can then collect the money and mail it to LISC. The coach of the team can also collect checks and he/she can send the payments to LISC as well for those teams who don't have parent representatives. Practice players are expected to pay the full amount for the winter surcharge and scholarship players must fill out the proper paperwork to qualify for scholarship(s). Payments will be collected by the end of December so please budget accordingly. Participation for this winter program is **STRONGLY** encouraged but not mandatory. If you do not pay the winter surcharge you will not be allowed to participate in the winter program. As a club, it is vital that we participate in this program in order to achieve our long-term goals. I am confident that you will enjoy the winter program and think it is well worth your time and money.

## **SCHEDULE**

Winter training will begin Jan. 2<sup>nd</sup> and run through mid-March. Each team will practice two or three times per week depending on their age. Each team will receive 3-4 hours of training per week by someone on the LISC coaching staff. The training schedule will be posted on the [www.liscsoccer.com](http://www.liscsoccer.com) website for you to access at your convenience.

## **LOCATION FOR THE WINTER PROGRAM**

The Urbana Armory is located near the NE corner of University and Cunningham Aves in Urbana. The Savoy Recreational Center is located at 402 Graham St (first right after Sonic as you go south on Neil St.). The Savoy Recreational Center is a new state of the art facility that opened in September of 2005 with brand new gym flooring. Each team will train at least one day at the Savoy Recreational Center.

## **GOALKEEPING TRAINING**

Goalkeeping training will also be provided for LISC from 8-9pm on Wednesdays and Sundays at the Savoy Recreation Center. You will be trained by Andrew Quigg who prepped at Champaign Centennial High School before playing collegiate soccer at Central College in Pella, Iowa.

Sincerely,

Michael Kobylinski  
Director of Coaching-LISC