

FAR POST SOCCER CLUB



Speed and Agility Training for Far Post

Poulin Performance is offering a speed and agility program for all Far Post players which emphasizes running technique, core training, quickness and speed training. Poulin Performance will be offering the training on Tuesdays from 5-6pm. This cutting edge training will improve each athlete's athletic capability and is sure to improve your speed, power and quickness all while decreasing the risk for injury. The Poulin staff is pioneers in the area of sports performance training and rehabilitation. This combination has helped numerous professional and amateur athletes achieve their highest level of success. Each session will include – Dynamic functional warm-up, speed ladder mechanics, agility drills, resistance training, core stabilization and strength, and cool down self myofascial release.

November-December 2011	January-February 2012	March-April 2012
First Session	Second Session	Third Session
Tuesday, November 08, 2011	Tuesday, January 03, 2012	Tuesday, March 06, 2012
Tuesday, November 15, 2011	Tuesday, January 10, 2012	Tuesday, March 13, 2012
Tuesday, November 22, 2011	Tuesday, January 17, 2012	Tuesday, March 20, 2012
Tuesday, November 29, 2011	Tuesday, January 24, 2012	Tuesday, March 27, 2012
Tuesday, December 06, 2011	Tuesday, January 31, 2012	Tuesday, April 03, 2012
Tuesday, December 13, 2011	Tuesday, February 07, 2012	Tuesday, April 10, 2012
	Tuesday, February 14, 2012	
	Tuesday, February 21, 2012	

"In every player who participates in Poulin Performance Training we notice a significant difference in our player's athletic ability and confidence." Ben Hardy

Time – 5pm – There might be a second session scheduled at 6pm depending on numbers and ages of participants.

Note – The dates shaded are nights when we are closed, so there will be no training.

Location – Far Post Indoor Facility at the Champlain Valley Exposition (in the Robert E. Miller Complex – Expo North), Essex Junction.

Cost – \$75 per player

To register – Email Todd Kingsbury at todd@farpostsoccerclub.com.

Registration Deadline: We will only accept a maximum of 16 players to participate.