

# 2014 Indoor Soccer “Work with a Trainer” Information

The “Work with a Trainer” program starts **SATURDAY, JANUARY 11<sup>th</sup> 2014**.



The program is led by professional soccer trainer, Frank Cocchi. The program will run for six weeks. Each session lasts for one hour. The hour will consist of training for approximately 35-45 minutes, followed by a game for the remainder of the session. (Holiday weekends off)

If your child is in the following grades, they should report at the time indicated below:

## ACTUAL SCHEDULE

K & 1 <sup>st</sup> Grade	1:00pm-2:00pm
2 <sup>nd</sup> & 3 <sup>rd</sup> Grade	2:00pm-3:00pm
4 <sup>th</sup> – 8 <sup>th</sup> Grade	3:00pm-4:00pm

Your child must wear shin guards, sneakers or indoor soccer shoes (NO CLEATS), and bring bottled water.

The Program is held at the Red Bank Middle School, 101 Harding Road, Red Bank, NJ 07701. Please enter through the gym entrance. You may park on Harding Road or in the parking lot behind the gym.

*Every year on the first day of the program, someone inevitably says, “I did not mean to register for this program. I want my child to play games only. The “game only” program is a 10 week program held on Sundays. Each grade is broken down into teams and they play 50 minute games. Please review the description of the program and make sure this is the program in which you wish to enroll your child.*

## PLEASE NOTE:

\*You may sign your child up for both soccer programs- “Work with a Trainer” (Sat’s) and Games Only (Sun’s). The Programs will not conflict.

To register visit [www.redbanknj.org](http://www.redbanknj.org)  
or 90 Monmouth Street, Red Bank, NJ 07701  
Ph: 732-530-2782  
Mcrystian@redbanknj.org