



# Cedar Stars Academy Winter Speed/Performance, Advanced Technical and Futsal Program

## Invitation ONLY!

### DATE & TIME:

#### Saturdays

January 4, 11, 18

February 1, 8, 22

Boys 2010/11 9:00-10:30am

Boys 2009 10:30am-12:00pm

Boys 2008 12:00pm-1:30pm

#### Sundays

January 5, 12, 19

February 2, 9, 23

Girls 2006 9:00-10:30

Boys 2007 10:30am-12:00pm

Boys 2006 12:00pm-1:30pm

### COST:

\$149 Non- CSA Player

\$115 CSA player

Includes Training Top & Ball

### REGISTRATION:

Required for attendance

\*Space is limited\*

[orange.capellisportcenter.com](http://orange.capellisportcenter.com)

845-651-0440

### LOCATION:

Capelli Sport Center

1741 Route 17A

Florida, NY 10921

This program is geared to take any player out of their comfort zone and bring them to new heights. Each session will begin with high intensity speed and performance activities specialized for acceleration, speed, strength and power. The next phase will concentrate on advanced technical ball mastery activities that will make every player more comfortable with the ball in high pressure situations. The final phase will be live match related activities in a very high intense environment using a Futsal ball that will allow everyone to develop confidence and improve ball control skills and technique while developing a fast thinking mind with the ball.

\*\*This is an Invitation ONLY program, if you are interested please email [contactushudsonvalley@cedarstars.com](mailto:contactushudsonvalley@cedarstars.com) for more information.\*\*



[Capellisportcenter.com](http://Capellisportcenter.com)

Capelli Sport Center- Orange County

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