

# Girls Club Prep

For grades 6-10

Want to try out for a Rapids Rep Team? On a Rep team but want to get more touches? Prepare for school tryouts? Club Prep is designed to give you the experience that you need!! The focus is on technical excellence, movement to the ball and aggressive play.

Practices will be skill based, consist of innovative teaching and precise skill feedback. Athletes should be prepared to work hard and be able to make skill adjustments quickly.

## Club Prep Skill Development Program

- Register for either:
- Tuesday nights 7:15-8:45 or Thursday nights 5:45-7:15
- Start date – the week of January 15<sup>th</sup> for 11 weeks (no class during the March Break)
- Location: Central Community Church - 680 York Road, NOTL
- Cost: \$ 350.00

## Club Prep Games Night

- You must be enrolled in Club Prep in order to participate
- Athletes will be divided into teams of 8
- Friday nights from 6:00-7:30pm
- This will be game play only
- Location – TBD
- Cost: \$ 175.00

Registration is now open for the 2024 winter session

To register contact [schulzy2@sympatico.ca](mailto:schulzy2@sympatico.ca)



experience this!