



# Northern NY Academy

## 2014 - 2015

### Season Outline



## Program Outline

The program is designed for players and teams who want to continue their soccer development. The focus is individual training.

These sessions will provide:

- 50% Technical
- 20% Functional training
- 15% Conditioning and Fast Feet
- 15% Completion

All players and teams are welcome. Please join us if you are a committed soccer player looking to grow your game.

## How do I get Invited to a Tournament?

### Christmas Tourney

Must attend 4 out of the 5 training dates prior to the event.

### Martin Luther King Day Tourney

Must attend 7 of the the 9 training dates.

### NJ Tournament

Must attend 16 training dates by Feb 25th.

## 28 Training Dates

### December:

- Sunday: 7th, 14th, 21st
- Wednesday: 10th & 17th

### January:

- Sunday: 4th, 11th, 18th, 25th
- Wednesday: 7th, 14th, 21st, 28th

### February:

- Sunday: 1st, 8th, 22nd
- Wednesday: 4th, 11th, 25th

### March:

- Sunday: 1st, 8th, 15th, 22nd, 29th
- Wednesday: 4th, 11th, 18th, 25th

## OPTIONAL Competition Dates

12/22/14 -12/30/14 Single day indoor x-mas tournament in Syracuse, NY

1/19/15 Martin Luther KingTourney, Syracuse, NY

3/14 weekend or 3/21 weekend Tournament outdoors in NJ

**Register by  
November 23rd**

## Pay As You Go

\*\$10 Per Session

\*\$50 non refundable deposit Due by November 23rd

\*The deposit will be applied towards your last 4 training sessions. (March 18, 22, 25, 29)

\*Uniforms will be purchased by individual families via our online store, or use last years uniforms.

\*Tournament full cost will be divided by the players who would like to participate in those events. (Range \$35-\$80 per event)

## Training Day Timeline

### **Sundays: Training:**

- 10-12 B&G 11 am to 1pm
- 13-14 B&G 1pm to 3pm
- 15-17 B&G 3pm to 5pm

### **Fitness Program:**

- 1-1:45pm
- 2-2:45pm
- 3-3:45pm

### **Wednesday:**

- 6pm 10-12 B&G
- 7pm 13-14 B&G
- 8pm 15-17 B&G

**All Training held at Indian River Central, Philadelphia, NY**

**Questions? Email Chris Pacilio at [PacilioC@aol.com](mailto:PacilioC@aol.com)**

**To Register: Go to [www.nnyssl.com](http://www.nnyssl.com), go to the Academy Tab follow the link to register!**