Welcome to SESC Special Programs

age appropriate soccer training for boys and girls

To register for any of the following Special Programs, click on the two links on the preceding Southeast home page. You will receive one Registration Form and one Medical Release Form. Complete both, and mail them, with payment in full, to the following address. Make checks payable to, SESC Special Programs.

SESC Special Programs
Attn. Wilford Schulz
1111 Sibley Memorial Hwy, 2B
Lilydale, MN 55118.

For more information , e-mail ... wschulz2165@comcast.net

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PLEASE, NOTE:

SESC Special Programs uses time as efficiently as possible. We expect our players to be available at the set times, avoiding disruptions once the training has begun. The 60 or 90 minutes between start and finish are filled with activities. There is little or no time spent on standing, waiting for one's turn at the ball. Notify the coach in advance if there are any health problems.

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NEW The Southeast Soccer Club NEW

Special Programs

GRASS ROOTS SOCCER

Grass Roots will enable children to learn and enjoy soccer skills without having to join a travelling program or recreational league prematurely. Children will learn through participation and experimentation, and develop at their own pace while improving their skills. There will always be a variety of fun-filled exercises and games.

Boys and Girls **Marcy Open School** **Ages 6 -8**

Corner of 4th Street & 4th Avenue SE
Minneapolis, MN
Drop-off and pickup of students off 4th Street SE in parking lot at back of building

Fee $ 50 ... payable to SESC Special Programs

Start: January 19, 2010 **Tuesdays** **End: 10 Meetings**
6:00– 7:00 PM

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COORDINATION TRAINING FOR BEGINNERS

This camp will enable children to learn and enjoy soccer skills. Even more so, it will help develop "good habits." Qualified coaches will teach children Disciplined Movement, ranging from walking to jogging, running, sprinting, agility, balance, jumping, decision-making, games, and FUN – with and without the soccer ball. Children learn through participation and experimentation
Wear comfortable shorts and sneakers. Street shoes and sandals are NOT allowed in the gym. Participants are invited to bring their own, inflated, soccer ball.

Boys and Girls **Marcy Open School** **Ages 9-10**

Corner of 4th Street & 4th Avenue SE
Minneapolis, MN
Drop-off and pickup of students in parking lot off 4th Street SE, in back building.

Fee **$ 50 ...** payable to SESC Special Programs

Start: January 19, 2010 **Tuesdays** **End: 10 Meetings**
7:00 – 8:00 PM

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COORDINATION TO IMPROVE SKILLS

Coordination Training for boys and girls ages 11-14 will help young athletes develop and improve their running ability and overall coordination. Training focuses on movement (agility, balance, coordination, running exercises, jumping, and endurance.) Small-sided games are part of all workshops.
Attending this course is voluntary, and independent of other Southeast activities. Wear comfortable gym clothing. Street shoes and sandals are NOT allowed in the gym. Students must also bring an inflated soccer ball.

Boys and Girls **Marcy Open School** **Ages 11 -14**

Corner of 4th Street & 4th Avenue SE
Minneapolis, MN
Drop-off and pickup of students off 4th Street SE in parking lot, back of building

Fee **$ 50 ...** payable to SESC Special Programs

Start: January 20, 2010 **Wednesdays** **End: 10 Meetings**
6:30 – 7:30 PM

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