



2018/2019 TOTAL FUTBOL & SANFORD POWER PROGRAM

SANFORD POWER

The focus of the Sanford POWER Program is to work with athletes on all aspects of performance. The POWER Program trains athletes on speed development and running mechanics, footwork, agility, coordination, proper jumping techniques, as well as age appropriate strengthening exercises. The POWER Program follows guidelines set forth by the National Strength and Conditioning Association to ensure that our training techniques are safe and appropriate for athletes of all ages.

PROGRAM DIRECTOR

FRANK GURNICK

Frank will be the primary instructor for the soccer development sessions. Frank brings over 30 years of coaching experience to the Academy. Throughout his career he has had tremendous success in the area of player development.

Frank currently holds a USSF "B" License, a National Youth License, an Advanced National Diploma from the NSCAA, and a KNVB Youth Coaching Certificate.

STAFF

Our staff will be rounded out with successful high school and intercollegiate coaches and players who will provide a "professional training environment" for your child. We pride ourselves on creating a personalized approach to our training.

TOTAL FUTBOL AND SANFORD POWER PROGRAM 2018/ 2019 REGISTRATION

Name: _____ Birthyear: _____ Gender: _____ T-Shirt Size: _____

Address: _____ Home Phone: _____

E-Mail Address: _____

Father's Name: _____ Mother's Name: _____

Father's Work Phone: _____ Mother's Work Phone: _____

Health Concerns/Allergies: _____

Please send registration form and check to:
Dakota Alliance Soccer Club 401 West 39th Street Sioux Falls, SD 57105

TOTAL FUTBOL AND SANFORD POWER Testimonial

Chelsea Cline – TFA Graduate (UCLA)
Wanted to say that to this day I give much of my technical abilities' credit to FC Speed/Total Futbol. You held me (and the other players) to a standard of excellence when it came to perfecting our touches. I consider myself very fortunate to have been in an environment where my coach cared about the little details and was willing to take the time to correct minor mistakes. The habits that I developed at such a young age has carried with me throughout my youth, high school/club, and college years (soon to be adult career).
Michelle Hall – TFA Graduate (University of South Dakota)

TFA taught kids at all ages the importance of learning the technical aspect of the game. My biggest strength as a player was my technical ability on the ball and it definitely set me apart from a lot of my college teammates. Thank you Frank for always pushing me to be better every day. My days playing soccer were the best days of my life.

TOTAL FUTBOL AND SANFORD POWER SOCCER ACADEMY

Players will spend time working on soccer specific exercises and time with Sanford POWER working on footwork, running technique, and plyo-metrics

Sanford Fieldhouse

2215 W. Pentagon Place

Who: Players born 2005 - 2011

When: Fridays Starting December 7th

Session I: 12/7, 12/14, 12/21, 1/4, 1/11, 1/18,

Session II: 2/1, 2/15, 2/22, 3/1, 3/8, 3/15.

Duration: Sessions run between 5:30-7:30p

Cost: \$190 for 6 week session

\$320 for both sessions (12 weeks)

WHO CAN ATTEND?

The amazing thing about the Academy is that it will work for ANYONE as long as the player is coachable. Registration is open to any player birth years 2005 - 2011 (U8 – U14) The program is great for Competitive and Recreational players.

REQUIRED EQUIPMENT

Every player will need to bring a soccer ball, a water bottle, and shin guards to every session.

REGISTRATION

Complete BOTH SIDES of the registration form. Mail the form and payment to the address listed. Your payment reserves your place in the program.

QUESTIONS?

Contacts:

Frank Gurnick
Program Director
605-521-8417 (cell)
frankg@dakotaalliancesoccer.com

Scott Hettenbach
Sanford POWER Program Coordinator
Scott.Hettenbach@sanfordhealth.org
605-312-7800

TOTAL FUTBOL AND SANFORD POWER 2018/ 2019 REGISTRATION

Check all sessions for which you are registering:

- Birth year 2009 - 2011 Session I (6 Weeks)
- Birth year 2005 - 2008 Session I (6 Weeks)
- Birth year 2009 - 2011 Session I & II (12 weeks)
- Birth year 2005 - 2008 Session II (6 weeks)
- Birth year 2009 - 2011 Session II (6 weeks)
- Birth year 2005 - 2008 Session II & III (12 weeks)

Amount enclosed: _____

I hereby specifically agree to hold harmless the sponsors, directors, staff, and members of the same from any and all liability, injury, or loss arising out of or occurring in the course of participation in this camp or the use of the facilities related to this camp.

Parent Signature: _____