



NASA United FC

Private Training

Player Name _____ Age _____ Male / Female

DOB _____ Current team of player, if available _____

Parent/Guardian Name _____

Street _____ City _____ State _____ Zip _____

Cell #: _____ Email: _____

Cell #: _____ Email: _____

Emergency Contact

Name _____ Tel# _____

Parent/Guardian Consent and Waiver

I hereby represent that the above information is true and accurate and the named applicant is in good health and has my permission to participate in NASA United Soccer. I acknowledge that soccer is a contact sport and that there is a risk of injury from participating in NASA United Soccer and its related activities. I HEREBY WAIVE AND RELEASE NASA United Soccer and/or its agents, coaches, trainers and directors from any and all liability and claims for damages. In the event of an emergency, I hereby give permission to such medical personnel as necessary to render treatment.

Parent/Guardian Signature _____

Date _____

Private Training fee: \$480 (Individual)
Small Group fee: \$250 (2-3 players)

Make check payable to "NASA" and mail to:

NASA United FC
 PO Box 184
 Totowa, NJ 07511



NASA United FC

Private Training

NASA United FC offers Private Training for **Individuals** and **Small Groups**. Our Private Training service is provided to players of all skill levels ranging from beginners to advanced. Training curriculums are prepared based on ability and age in order to maximize player development.

The Private Training program will give players the soccer skills needed to have a competitive advantage. Players will see consistent improvement throughout the season and will learn the proper training techniques to continue on the path to soccer success. In addition to the training regimen, coaches will provide weekly progress analysis.

Training sessions are held 1 day per week at our facility located in Wayne, NJ. All practices run for 60 minutes each.

Private Training for individuals will focus on the following:

- Footwork Skills
- One vs One
- Speed and Quickness
- Dribbling and Ball Control
- Passing and Trapping
- Shooting/Finishing
- Technical Advancement
- Improve Overall Skill Level

Training Program Schedule

SEASON	DATES	DAYS	TIME	WEEKS
Fall	Sept – Nov	Mon - Fri Sat & Sun	5pm - 7pm 9am - 11am	8
Spring	April - June	Mon - Fri Sat & Sun	5pm - 7pm 9am - 11am	8
Summer	June - Aug	Mon - Fri	5pm - 8pm	8

Advanced players will be invited to participate on one of the NASA United premier travel teams.

www.nasaunited.com