



# NAHANT YOUTH SOCCER

## FALL CLINIC 2009



**WHEN:** Saturdays from September 12 through October 31

**TIME:** Start Time of 9:00 a.m. for all ages **please arrive at the field by 8:45**  
End Time of 10:30 a.m. for U7 to U8 - White Shirts  
End Time of 10:00 a.m. for U5 to U6 - Green Shirts  
End Time of ~ 9:45 a.m. for 4 year olds (by July 31st, 2009) - Grey Shirts

**WHO:** U-5, U-6, U-7 and U-8 boys & girls. Must be 4 years old by July 31, 2009 or in Kindergarten, First or Second Grade.

**SIGN-UP:** Online registration only at [nahantsoccer.org](http://nahantsoccer.org)  
**all players must be registered and paid before being allowed to play**

**COST:** \$50.00 for first child. \$40.00 for additional siblings. Cost covers the Fall season. Payment made through online registration. \$20 late fee starts at midnight September 12th.

**EQUIPMENT:** All players must wear shin guards (mandatory).  
All players must bring their own size 3 soccer ball.  
Soccer cleats or sneakers are recommended. Bring old cleats for free cleat exchange. Mouth guards are optional but preferable.

**SHIRTS:** Players will be issued grey, green or white clinic shirts that should be worn every week.

**CLOTHING HINTS:** Players should dress in layers. Long sleeve t-shirts layered under clinic shirts, and long johns under shorts are great for cool Fall days. Soccer shorts and soccer socks worn covering up the shin guards are most comfortable.

**WATER BREAKS:** Bring a water or energy replacement drink.

**QUESTIONS:** Call Susan Rosa (781) 842-2448 or Nancy Cochran (781) 581-3662

**COACHING VOLUNTEERS NEEDED:** For all levels, No soccer experience necessary, Coaching clinics offered  
Contact: John Fulghum (781) 599-3259 [jrfulghum@mac.com](mailto:jrfulghum@mac.com)  
or Jennifer Wyse (781) 581-068 [wysejs@gmail.com](mailto:wysejs@gmail.com)