

SLSG PERFORMANCE TRAINING

EXTRA TRAINING FOR THE COMPETITIVE PLAYER

SLSGperformancetraining.com

TUESDAY - STL ATHLETIC CENTER (2300 Hitzert CT Fenton, MO 63026)

					1	2	3	4	5	6
Speed & Agility	7:10 PM to 8:10 PM	Boys Girls	U8-U10	Grid D	1/6	1/13	1/20	1/27	2/3	2/10
Speed & Agility	8:15 PM to 9:15 PM	Boys Girls	U11-U14	Grid E	1/6	1/13	1/20	1/27	2/3	2/10

FRIDAY - PERFORMANCE TRAINING CENTER (1 Soccer Park Rd Fenton, MO 63026)

*** If you cannot make a Friday session you can make it up Saturday or Sunday, please email to notify ***

					1	2	3	4	5	6	7	8
Advanced Performance Training	4:00 PM to 5:00 PM	Boys / Girls	U14+		1/9	1/16	1/23	1/30	2/6	2/13	2/20	2/27
Performance Training	5:00 PM to 6:00 PM	Boys / Girls	U11-U13		1/9	1/16	1/23	1/30	2/6	2/13	2/20	2/27

SATURDAY - PERFORMANCE TRAINING CENTER (1 Soccer Park Rd Fenton, MO 63026)

*** If you cannot make a Saturday session you can make it up Friday or Sunday, please email to notify ***

					1	2	3	4	5	6	7	8
Fundamental Performance Training	12:00 PM to 1:00 PM	Boys / Girls	U8-U10		1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28
Performance Training	1:00 PM to 2:00 PM	Boys / Girls	U11-13		1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28
Advanced Performance Training	2:00 PM to 3:00 PM	Boys / Girls	U14+		1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28
Goalie Performance Training	3:00 PM to 4:00 PM	Boys / Girls	U11-13		1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28
Goalie Performance Training	4:00 PM to 5:00 PM	Boys / Girls	U14+		1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28

SUNDAY - PERFORMANCE TRAINING CENTER (1 Soccer Park Rd Fenton, MO 63026)

*** If you cannot make a Sunday session you can make it up Friday or Saturday, please email to notify ***

					1	2	3	4	5	6	7	8
Fundamental Performance Training	9:00 AM to 10:00 AM	Boys / Girls	U8-U10		1/11	1/18	1/25	2/1	2/8	2/15	2/22	3/1
Performance Training	10:00 AM to 11:00 AM	Boys / Girls	U11-13		1/11	1/18	1/25	2/1	2/8	2/15	2/22	3/1
Advanced Performance Training	11:00 AM to 12:00 AM	Boys / Girls	U14+		1/11	1/18	1/25	2/1	2/8	2/15	2/22	3/1
Goalie Performance Training	12:00 PM to 1:00 PM	Boys / Girls	U11-13		1/11	1/18	1/25	2/1	2/8	2/15	2/22	3/1
Goalie Performance Training	1:00 PM to 2:00 PM	Boys / Girls	U14+		1/11	1/18	1/25	2/1	2/8	2/15	2/22	3/1

email: NBONACKER@SLSGSOCCER.COM

**This is the original schedule. All adjustments will be emailed to you.*