

Southampton Township Recreation Association

Fall Soccer, Field Hockey and Fall Baseball

Online Registrations Are Now Open

Register ASAP on the STRA Website at

@ www.strasports.org

Registration Fees

(All registrations are FINAL at the time of registration. Refunds will only be provided for a documented medical reason.)

Program	Description School Year 09-10	**Early Bird** Through May 22, 2010	Regular May 23 - June 26, 2010
Field Hockey			
Girls - Juniors	3 rd , 4 th & 5 th Grades	\$60 per player	\$75 per player
Girls - Seniors	6 th , 7 th & 8 th Grades	\$65 per player	\$80 per player
BASEBALL			
Minors	Ages 8-9	\$85	\$100
Majors	Ages 10-11	\$85	\$100
Babe Ruth	Ages 12-14	\$105	\$120
SOCCER			
U5 - INSTRUCTIONAL *		\$75	\$90
U6 - INSTRUCTIONAL *		\$75	\$90
U7 - INSTRUCTIONAL *		\$75	\$90
Division 5	3 rd & 4 th Grades	\$75	\$90
Division 4	5 th & 6 th Grades	\$75	\$90
Division 3	7 th & 8 th Grades	\$75	\$90

**as of July 31

****EARLY BIRD QUALIFIER****

- For Credit Card Payment, registrants must complete online registration prior to midnight May 22, 2009.
- For Pay-By-Check Option, registrants must complete online registration prior to midnight May 22, 2009 and payment must arrive in the STRA P.O. Box 2204 by May 29, 2009. In order to provide equitable treatment to all Early Bird participants, your account will default to the Regular Fee price if payment arrives after this date.

Register online at www.STRASPORTS.org. Credit card payments are accepted via our secure server.

Players in all sports will be contacted by their coaches after team assignments are complete.

Please submit any registration questions to admin@strasports.org.

Coaches are needed at all levels for baseball, soccer & field hockey.

STRA is committed to providing recreational support to all Southampton children regardless of ability to pay. Please contact admin@strasports.org if you need to discuss financial arrangements.

KEY SOCCER DATES

June 12	1100 - 1230 - Free Soccer Clinic (K-8) hosted by United Speed Clinic (Buddtown Soccer Field)
Aug 9 -11	STRA Soccer Camp - U5 -U7, 630pm - 745pm (registration \$65 through UnitedSpeedClinic)
Aug 9 -12	STRA Soccer Camp U8 - U11, 6pm - 8pm (registration \$80 through UnitedSpeedClinic)
Sep 9	USC/STRA Training Day All STRA Players

DIVISIONS 5 - 3: Practices begin week of Aug 16

U5 INSTRUCTIONAL: First Day Aug 14 - Practices are 60 minutes every Sat morning. Practice/games are 90 minutes beginning Sep 11.

U6 & U7 INSTRUCTIONAL: First Day Aug 19 - Practices are 60 minutes on Thursdays. Game play begins on Sep 11.

INSTRUCTIONAL TRAINING PROGRAM - U5 -U7

For the upcoming fall season, STRA is partnering with United Speed Clinic to provide early instructional training for players and coaches. We believe this partnership will serve as a foundation for a much stronger soccer program during this season and future seasons.

The players and coaches will have 8 sessions with the trainers (weather permitting). At the U5 level, the trainers will work with coaches to conduct Saturday sessions followed by a 30 minute soccer game (games begin on Sep 11).

For the U6 & U7 ages, on alternate Thursdays, a group of trainers will train the kids while a single trainer will provide a training session for the coaches. (STRA coaches at all levels may attend) The following week, one trainer will be on-site to work with the coaches in implementing the previous week's training instruction. U6 & U7 players will begin Saturday games on Sep 11. (This will be an opportune time for new soccer coaches with no previous experience to get involved.)

The following articulates USC's training goals and philosophy.

"It is a simple philosophy that we have adapted here at United Speed Clinic. Our goal is to develop each player in the following Age Specific Categories

- 1) Speed, Agility, and Quickness*
- 2) Skill Development*
- 3) Technical Development*
- 4) Tactical Development*

All of our programs start with the foundational concept that Speed, Agility and Quickness are vital for the building of each players speed, strength, and health! We take great lengths and care to develop our entire curriculum to be not only age specific, but safe and beneficial to all of our participants.

*Our curriculum is designed to help each player attain a level of coordination, body management, and control to adapt to the constant changing body shapes of the game. While we can't make players athlete's, and give them speed, we **WILL** make each player we train more athletic, and Faster, while instilling a confidence within them necessary to compete on the pitch.*

We have designed all of our programs around all of the different body shapes and mechanics found in the game of soccer. Others may claim to do so, but we have!"

We encourage you to visit the United Speed Clinic's website, www.unitedspeedclinic.com, for additional information. We believe you will gain an appreciation of the value USC will bring to the STRA instructional and divisional program this year.

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