



2016/2017 VSA WINTER PROGRAMMING



Start Your Child Out Right With MIGHTY TIKES!

For players who are 3 prior to the start of the first class born in 2013 or 2014

35 minute session working on basic motor skills with a soccer ball



- All Mighty Tikes =
12:00pm-12:35pm

Get Your Kicks at GRASSKICKERS!

For players who are born in 2011 and 2012

45 minute session learn new soccer skills while enhancing their enjoyment for soccer



- Girls =
12:45pm-1:30pm
- Boys =
1:35pm-2:20pm

All about PRECISION REPETITION EXCELLENCE



For players who are born in 2009 and 2010 who have some soccer experience

60 minute session emphasizing advance dribbling and 1v1 attacking skills

- 7U/2010 Boys 2:25pm-3:25pm
- 8U/2009 Boys 3:30pm-4:30pm
- 7U/8U Girls 4:35pm-5:35pm

Dates and Locations for Above Programs:

Winter 1: Dec 3rd, 10th, 17th, Jan 7th, 14th, 21st (Jan 28th make up)

Winter 2: Feb 4th, 11th, 18th, 25th, Mar 4th, 11th (Mar 18th make up)

All Sessions are at Sportsplex West (890 SE Olson Dr, Waukee, IA 50263)

If you sign up for both Winter 1 and Winter 2 you receive a \$10 discount

Find out more information and register at visionsocceracademy.com



Building Players One Tool at a Time VSA's

small group/individual training program

- Any VSA player 9U - 19U
- Sundays/Wednesdays Starting in Dec
- Eastman Facility at 3380 156th Street, Urbandale
- To have sessions scheduled click on: [Player Factory Application](#)
- See [Player Factory Program Sheet](#) for cost/details

VSA's Partner for Performance/Fitness Improve Strength, Speed, Agility and Quickness



Winter Session 1: Dec 5 - Dec 22 & Jan 2 - Jan 21

Winter Session 2: Jan 23 - Mar 4

- 11U/12U T/Th @ 4:30pm
- 13U/14U M/W @ 5:15pm
- Addition 3rd contact on Saturday mornings
- \$149 per session
- Go to visionsocceracademy.com to register

9U - 10U Academy Winter Training

Futsal Specific Training - where developmental growth is made through repetitions

- \$90 but receive a \$10 discount if player participates in SPW league and the training
- Go to visionsocceracademy.com to register
- Saturdays Jan - Feb at the Waukee Gym Space



- 9U Girls = 12 to 1:15
- 10U Girls = 1:15 to 2:30
- 9U Boys = 2:30 to 3:45
- 10U Boys = 3:45 to 5

In House Futsal League

9U - 12U Academy/Select Players

- Dates: Nov 20, 27, Dec 4, 11, 18
- All Games Are At Waukee Gym Space
- Five 5v5 Futsal Games
- \$35 per player
- Register at visionsocceracademy.com

