

Winter Training

AC CUGINI
SCUOLA
CALCIO

December 2008 - March 2009



Outdoor & Indoor Sessions in Reston

Italian Olympic sanctioned program for ages 5 to 18

As Cugini is first and foremost a school, training resources are available to Cugini members on a year-round basis. Don't miss the opportunity to enhance your technical and tactical skills in Cugini's popular Italian Olympic Sanctioned Winter Training program - which is mandatory part of Cugini travel team training. Most sessions are outdoors at artificial turf field with lights - which also helps improve player's overall conditioning for the spring season.

Non-members may also train with Cugini travel teams, subject to space. This program offers the same Olympic sanctioned training under which all Italian World Cup team

members developed as youth players! Early proper technical training by qualified and knowledgeable instructors is the key to success.

The winter Italian Olympic sanctioned program concentrates on advancing the younger player's fundamental/technical skills - receiving, passing, dribbling, 1 v 1 , 2 v 2 while focusing on more tactical training/conditioning for older players. All training is conducted by Cugini Founder and President Fabio Diletti who played as a goalkeeper for professional Italian club Ascoli Calcio.

Note: This program does not involve playing games indoors in a league. While playing in indoor soccer leagues is a fun experience, it's a completely different game than outdoor soccer and should not be con-

fused with actual "training" programs such as Cugini's Winter Training. Improving technical and tactical skills is accomplished by practicing technique through proper drills or scrimmages on a year-round basis, NOT just seasonally (fall and/or spring only.)

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Saturday Goalkeeper Training	Saturday Advanced Training <i>12/13/08-2/28/09</i>	Mon/Wed Advanced Training <i>12/1/08-2/26</i>	Thursday Indoor Skills Training <i>12/11/08-3/5/09</i>
<p>Coed Ages 10-16 11am-12:00 Noon</p> <p>Location Lake Fairfax Park, Field 4 <i>outdoor synthetic turf field</i> 1400 Lake Fairfax Road Reston</p> <p>Equipment needed</p> <ul style="list-style-type: none"> • padded goalkeeper pants • padded goalkeeper jersey • goalkeeper gloves 	<p>12:00 Noon - 2:00pm Boys, Ages 15-18</p> <p>Cugini U17 Boys Team Cugini U18 Boys Team Non-Cugini members</p> <p>Location Lake Fairfax Park, Field 4 <i>outdoor synthetic turf field</i> 1400 Lake Fairfax Road Reston</p>	<p>5:00-6:30pm Boys, Ages 9-12</p> <p>Cugini U11 Boys Team Cugini U12 Boys Team Non-Cugini members</p> <p>6:30-8:00pm Girls, Ages 13-16</p> <p>Cugini U11 Boys Team Cugini U12 Boys Team Non-Cugini members</p> <p>Location Lake Fairfax Park, Field 4 <i>outdoor synthetic turf field</i> 1400 Lake Fairfax Road Reston</p>	<p>5:00-6:00pm Coed, Ages 5-8</p> <p>Cugini Pulcini & Piccoli Amici house league players Non-Cugini members</p> <p>Location Floris Elementary 2708 Centreville Road Herndon</p> <p>Equipment needed</p> <ul style="list-style-type: none"> • shinguards • indoor soccer shoes or sneakers (NO cleats!)

NO SESSIONS

December 24, 25, 31; January 1 or when Fairfax County schools close due to inclement weather (indoor) or the Park Authority closes the outdoor turf field.

CANCELLATIONS due to weather are noted on the Cugini hotline: 866.792.9433.

REFUNDS

There are no refunds once a registration has been submitted. Refunds are only given when a slot is not available at time of registration.

Instructor's Background

Cugini Founder and President Fabio Diletti, a native Italian, is a professional trainer and talent scout who played soccer in Italy as a goalkeeper for professional club Ascoli Calcio: <http://www.ascolicalcio.it>. Fabio possesses a UEFA license and a USSF National "D" license and receives training twice a year in Italy with the Italian National Olympic Committee and the Italian Soccer Federation (FIGC). Fabio has been coaching and training players in the United States and Italy for over twenty years. He is the head instructor in Cugini's house league for players ages 4-9 and for all Cugini travel teams as well as head coach of several Cugini travel teams, including special tournament teams traveling to Italy each summer. In 2004, Fabio received special recognition from the Italian National Olympic Committee on behalf of his international work and Cugini's Italian soccer school program.

AC Cugini Winter 2008-09 Training Registration Form

Mail with full payment to Cugini Soccer, P.O. Box 165, Great Falls VA 22066

Player's name _____ Date of birth _____
Street address _____ City _____ State _____ Zip _____
Parents names _____ Home telephone # _____
Mother's cell phone # _____ Father's cell phone # _____
Email addresses _____
Current soccer club/team _____ Number of years playing soccer _____
Emergency contact name & telephone # _____
Doctor's name & telephone # _____
Known medical issues, allergies, special needs _____

Release Form Below: MUST be Signed & Dated to Complete Registration

As parent/guardian of the above player, I certify that he/she is in excellent health and has no physical, mental, or emotional problems which are likely to prevent participation in strenuous activity at soccer camps or during training or games. I certify that above player is covered under parent/guardian's medical insurance policy. As a parent or legal guardian of the above player, I hereby give consent for emergency medical care prescribed by a duly-licensed Doctor of Medicine or Doctor of Dentistry. I hereby give my approval for above player to participate in any and all activities of AC Cugini programs, including but not limited to practices, games, tournaments, camps, clinics and any other activity associated with Cugini programs. I ASSUME ALL RISKS AND HAZARDS INCIDENTAL TO THE CONDUCT OF CUGINI SOCCER ACTIVITIES AND TRANSPORTATION TO AND FROM ACTIVITIES. I further hereby release, indemnify & agree to hold harmless, AC Cugini, Cugini Soccer Services Intl., or any Cugini officer, director, organizer, agent, sponsor, volunteer, or other staff from any claim, suit, demand, or action arising out of injury to above player. I HAVE CAREFULLY READ THE ABOVE WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS & REFUND POLICY. I UNDERSTAND THIS IS A RELEASE OF LIABILITY AND I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.

Signature of Parent or Guardian

Date

1) FEES:

- . Monday & Wednesday Outdoor Training—\$450
- . Thursday Indoor Skills Training—\$200
- . Saturday Outdoor Training—\$325
- Goalkeeper Training—\$250

..... 2) SELECT DESIRED SATURDAY SESSIONS:

- Goalie Training: Coed, Ages 10-16—11:00am-12:00 Noon
- Advanced Training: Boys, Ages 15-18—12:00pm-2:00pm

..... 3) SELECT DESIRED WEEKNIGHT SESSIONS:

- Monday & Wednesday Advanced Training: Coed, Ages 9-12— 5:00-6:30pm
- Monday & Wednesday Advanced Training: Girls, Ages 13-16—6:30pm-8:00pm
- Thursday Indoor Skills Training: Coed, Ages 5-8—5:00pm-6:00pm

..... 4) PAYMENTS: Total Due : \$ _____ (Please make check payable to Cugini Soccer)