

OFF SEASON SOCCER-SPECIFIC TRAINING
with
JACK JEWSBURY AND BRIAN BOUNDS

WHAT:

This is a comprehensive soccer-specific training program designed to keep your game at the highest level during the off-season. This program will combine the technical and tactical expertise of Mr. Jewsbury along with the physical components of the game offered by Mr. Bounds. Sessions will be broken down into two segments. One group of footballers will train with Mr. Jewsbury while the other will train with Mr. Bounds. The groups will then switch after a predetermined time period allowing for a complete and enjoyable experience for the athlete at each session. Mr. Jewsbury's portion of the training will primarily emphasize the technical and tactical aspect of the game such as ball skills, dribbling, defending, and finishing. Mr. Bounds' portion will focus on the physical attributes of the game such as speed, agility, foot speed, and flexibility.

WHEN:

The program will tentatively run from Dec. 12th, 2005 through Jan 23rd, 2006. There will be approx. 3 to 4 sessions per week lasting 1 to 1 ½ hours in length. Dates, times, and place are yet to be determined but sessions will most likely take place at the Lake Country Soccer Dome on Mon, Wed, Sat, and Sundays. Sessions may take place outside weather permitting.

COST:

Program cost is yet to be determined but will range in price from \$300 to \$400. Payment plans are negotiable and family discounts are available.

CONTACT INFORMATION:

Contact Brian Bounds at 417-496-1418 for further information regarding this unique training opportunity.

Jack Jewsbury is currently a member of the KC Wizards of Major League Soccer and graduate of Kickapoo High School and Saint Louis University. Brian Bounds is a physical therapist, certified athletic trainer, certified strength and conditioning specialist, and owner and operator of Bounds Soccer Systems. Both professionals pride themselves in offering the highest quality and most thorough approach to training the footballer resulting in a competitive level of excellence for each client.

Schedule of Training Sessions

<u><i>Date(s)</i></u>	<u><i>Time</i></u>	<u><i>Field</i></u>
December 12 th and 14 th	4:00 – 5:15 pm	Coke Field
December 16 th	8:00 – 9:15 pm	Dr. Pepper Field
December 17 th	8:00 – 9:15 pm	Dr. Pepper Field
December 19 th and 21 st	4:00 – 5:15 pm	Coke Field
December 23 rd	7:15 – 8:30 pm	Dr. Pepper Field
December 26 th and 28 th	4:00 – 5:15 pm	Coke Field
December 30 th	7:15 – 8:30 pm	Dr. Pepper Field
January 2 nd and 4 th	4:00 – 5:15 pm	Coke Field
January 6 th	8:00 – 9:15 pm	Dr. Pepper Field
January 7 th	5:00 – 6:15 pm	Dr. Pepper Field
January 9 th and 11 th	4:00 – 5:15 pm	Coke Field
January 13 and 14 th	8:00 – 9:15 pm	Dr. Pepper Field
January 15 th	1:00 – 2:15 pm	Dr. Pepper Field
January 16 th and 18 th	4:00 – 5:15 pm	Coke Field
January 20 th	8:00 – 9:15 pm	Dr. Pepper Field
January 21 st	TBA	TBA
January 22 nd	TBA	TBA

- Athletes will be expected to show up on time (or early) for each session. We will not wait.
- Every session will take place at the Lake Country Soccer Dome either on the main (Coke) field or futsal (Dr. Pepper) field.
- Due to the high demand of the indoor training facility, these are the only times and dates we will be training. We cannot work around every individual's schedule.
- Athletes are encouraged to attend every session but need to make at least 3 sessions per week in order to benefit from the program.
- Athletes must bring a ball, running shoes, boots, and water to every session.