



Saturday 8/12/17

NRSC SATURDAY REC. LEAGUE - FALL KICKOFF

and coaches training session

Meet your coaches and team mates



Start off your hour at the field meeting your coaches and teammates while going over this fall's practice and game schedules. Then take to the field for a "first practice" session

together. Be sure you come dressed to take the field in your soccer gear including your cleats and shin guards. Parents can take this time to meet each other and maybe work out carpooling or after game snack schedules.

Coaches training session



All coaches and their assistants (U8 & above) **must** attend a preseason training session in the hour prior to their team's assigned field time. The brief training session will be led by NRSC's Director of Coaching, Denzil Antonio, and will cover topics including: rec. league coaching philosophy, basic practice and game goals and strategies, age appropriate playing expectations and field positioning, soccer game etiquette and coaching practices along with answering those "what have I got myself into" questions. Following this session you will be meeting your team and leading them in a short practice session. So bring your equipment bag.

Please arrive at least 10 minutes before your scheduled field time to find your coach and teammates.

9:00 to 9:50 All Boys & Girls
Bears Academy - Munchkins

10:00 to 10:50 Boys &
Girls U8

11:00 to 11:50 Boys &
Girls U11

12:00 to 12:50 Boys &
Girls U14 & HS CoEd

1:00 Referees Meeting



HEASLEY FIELDS
Wallings Road -NRSC.net