



SATURDAY 3/24/2018
NRSC SATURDAY REC. LEAGUES
FOURTH ANNUAL INDOOR
SPRING SEASON KICK OFF
& TRAINING SESSION



COACHES, PLAYERS & PARENTS

- Start off your spring practice sessions in a **warm & dry** environment. No need to guess on the weather on our first Saturday of the season.
- Get up to date with your team on practice and game schedules.
- Go over new game field locations for this spring with parents.
- Meet up with any new players, greet returning team mates. Hand out uniforms to new players or return lost or forgotten items from the fall.
- **Players wear your uniform and clean outdoor soccer cleats, Bring your ball and water bottle (with your name on them) too.**

COACHES TRAINING SESSION



All coaches and their assistants **must** attend a preseason training session **in the hour prior to their team's assigned field time.** You'll meet upstairs on the mezzanine level practice area. The brief training session will be led by NRSC's Director of Coaching, 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. Following this session you will be meeting your team and leading them in a short practice based on your morning training session. So, bring your equipment bag.

Please arrive about 10 minutes before your start time to find your team and coaches

3:30PM to 4:20 - All Boys and Girls - Munchkin Academy

4:30PM to 5:20 - All U8 Girls

5:30PM to 6:20 - All U8 Boys

6:30PM to 7:20 - All U11 Girls & U14 CoEd

7:30PM to 8:20 - All U11 Boys

NO MUDDY CLEATS

SAVE THE DATE

Location
North Royalton
Field House
 10701
 Royalton Road
 North Royalton
 Ohio