

# TIPS

AGES 6-12

## SOCCER TRAINING FOR THE YOUNG PLAYER

### Meet the TIPS Trainers

#### Bruce Talbot

Head Coach  
Lonestar USSF Academy Team

#### Aaron Metzger

Director Lonestar Girls ECNL  
Director Lonestar Premier League

#### Bill Meyer

Director CATZ Performance

Give your young player

## The Advantage of TIPS Training

A higher level of training and player development with professional coaches.

**L**earning the game of soccer in a positive, fun and challenging environment is what TIPS is all about.

**L**onestar Soccer Club has developed TIPS to allow your younger player to experience a higher level of training and player development under the guidance of Lonestar professional coaches.

**T**IPS incorporates respect, discipline and commitment, and includes advanced training concepts that have been adopted from some of the top football clubs in the world.

**C**oncentrating on establishing basic skills, TIPS training focusing on the five "R's" of soccer. These skills are then built upon as TIPS training progresses.

**T**IPS will also train and teach your player the latest trends in speed development, balance, and coordination training; as well as how to improve overall strength and reduce injury risk.

**I**n addition, technical application of the game through constant repetition and dynamic movements are incorporated. Rounding out your player's TIPS training are small-sided games that build team work and improve individual decision making skills.

**I**f you want your young player to have fun, be challenged, receive positive encouragement and learn the game of soccer, then TIPS is the answer.

**R**egister today. Space is limited.

### TIPS Training builds on the Fives R's of Soccer

1. Receiving the ball
2. Running with the ball
3. Running without the ball
4. Releasing the ball
5. Retaining the ball

#### 6 - 1 HR WEEKLY SESSIONS

4:30-5:30 pm

Free T-shirt

Includes Sunday games

Choose training day and locations:

**Mondays**

at Cen-Tex Soccer Training Center

Sessions start 3/29

or

**Wednesdays**

at CATZ Sports Performance Center

Sessions start 3/31

**\$199**

#### ADD SECOND FRIDAY SESSION

5 - 1 hr sessions

4:30-5:30 pm

Sessions start 4/9 end 5/7

Same location as your Mon./Wed. sessions

**\$149**

#### 4 Sunday Games

For all TIPS participants. Games will alternate between Cen-Tex and CATZ

**Tournament May 5 at Soccer Zone**

Price/Details Coming Soon!

**TIPS  
Summer 2010**

**Info coming soon!**

# REGISTRATION

First Name	Last Name	
Home phone	DOB (mm/dd/yy)	Seasons played
Address		
City	State	ZIP
Parent Name	Cell Phone	
Email	Work phone	
Additional Information		

Emergency Contact	Day Phone
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T-shirt (Limit one per player):  YS  YM  YL  XS  S  M  L  XL

Choose Day:	Add Second Session:
<input type="checkbox"/> <b>6 - 1 hour sessions</b> <b>\$199</b> <b>Mondays - 4:30 - 5:30 pm</b> <b>Cen-Tex Soccer Training Center</b> 13900 IH 35N Ste D1 Austin, TX 78728 (Southbound frontage road of IH 35 between Howard Lane and 1825 in the same plaza as Capitol Gymnastics)	<input type="checkbox"/> <b>5 - 1 hour sessions</b> <b>\$149</b> <b>Fridays - 4:30 - 5:30 pm</b> <b>Cen-Tex Soccer Training Center</b>
<input type="checkbox"/> <b>6 - 1 hour sessions</b> <b>\$199</b> <b>Wednesdays - 4:30 - 5:30 pm</b> <b>CATZ Sports Performance Center</b> 107 RR 620 South, Suite 300 Liberty Center Shopping Center Austin, TX 78734 (HWY 183N @ 620/183A/45 Interchange)	<input type="checkbox"/> <b>5 - 1 hour sessions</b> <b>\$149</b> <b>Fridays - 4:30 - 5:30 pm</b> <b>CATZ Sports Performance Center</b>
	<b>Sunday Games</b> All TIPS participants will have Sunday games alternating between Cen-Tex and CATZ
	<b>Tournament at Soccer Zone</b> Saturday, May 15 Details coming - teams/price

**Total Amount Due: \$ \_\_\_\_\_**

## Payment Method

**CHECK** – Enclosed is my check payable to Cen-Tex Soccer Training.

**CREDIT CARD** – Please charge my:  VISA  MasterCard  Discover

Card Number

Expiration Date   /   (Month/Year)

Credit Card Billing Address (required)

City  State  ZIP

Card Holder Signature

Print name.

*Space is limited. Enrollment is not guaranteed until full payment is received.*

## SOCCER TRAINING FOR THE YOUNG PLAYER

### Refund & Payment Policy

Refunds must be made prior to start of first session. There is a \$25 non-refundable deposit.

### Confirmation

After submitting this registration, Cen-Tex Soccer Training will confirm your registration and payment.

### Questions?

Email: [Lupe@cen-texsoccertraining.com](mailto:Lupe@cen-texsoccertraining.com)

Call: 512/731-4024

### Mail registration and payment to:

Cen-Tex Soccer Training  
 PO Box 270121  
 Austin, TX 78727

### Deadline

Registration must be made prior to start of first session.

### What to bring

Soccer shoes, ball and water.

### Make-ups

Two make-ups allowed per program length and must be scheduled in advance.

### Liability Waiver

I hereby release Lonestar Soccer Club, Cen-Tex Soccer Training, CATZ Sports Performance Center, and Soccer Zone from any and all liability of any kind of personal injury or property damaged to participate in the TIPS program. I certify that my child is in good health and is able to participate in all activities. If any attention is required for illness or injury, I give permission for a staff member to give such care.

Parent's Signature

Parent's Printed Name

**TIPS Schedule Spring**

**Cen-Tex Sessions**

**Mondays:**  
 3/29, 4/5, 4/12, 4/19, 4/26 and 5/3

**Optional Fridays:**  
 4/9, 4/16, 4/23, 4/30, and 5/7

**CATZ Sessions**

**Wednesdays :**  
 3/31, 4/7, 4/14, 4/21, 4/28, and 5/5

**Optional Fridays:**  
 4/9, 4/16, 4/23, 4/30, and 5/7

**Sunday Games**

4/11 CATZ, 4/18 Cen-Tex, 4/25 CATZ and 5/2 Cen-Tex

**Tournament @ Soccer Zone**

Saturday, 5/15