



**Sports Performance Center**

**LONESTAR  
SOCCER CLUB**



**TOGETHER BRINGING YOU THE HIGHEST LEVEL OF SOCCER TRAINING AND DEVELOPMENT**

### Introducing the T.I.P.S. Program

**T**echnical aspects of soccer    **I**nsight into the game    **P**ersonality    **S**peed

**TIPS** is about learning the game of soccer in a positive, fun, and challenging environment. The program allows young players to experience a higher level of training and player development under the dual guidance of Lonestar professional coaches and professional strength and speed coaches of CATZ (Competitive Athlete Training Zone). We incorporate respect, discipline and commitment, and include advanced training concepts that have been adopted from some of the top football clubs in the world.

TIPS training is lead by Bruce Talbot, Head Coach of the Lonestar USSF Development Academy teams and CATZ Performance Director Bill Meyer. Other trainers include Tim Meyer, Michael Callahan, and other professional Lonestar Soccer Club coaches.

Athletes concentrate on establishing basic skills including the five "R's" of soccer: receiving the ball, running with the ball, running without the ball, releasing the ball, and retaining the ball then building on these skills. Players will train and learn

the latest trends in speed development, balance, and coordination training; as well as improving their overall strength and reducing injury risk. Technical application of the game through constant repetition and dynamic movements will be incorporated. Small-sided games build team work and individual decision making skills.

**DETAILS:**

- Program starts June 2010
- Ages 7 to 13 boys and girls
- Located at CATZ on Hwy 183N @ 620/183A/45 interchange
- Mondays at 430pm, Wednesdays at 630pm
- Price of \$199 includes 5 weeknights training and 5 Fri. P.M. 4v4 games - second training night for \$99
- Indoor air conditioned comfortable lobby
- Free t-shirt included



**SPACE IS LIMITED IN THIS PROGRAM – RESERVE YOUR SPOT NOW BY SUBMITTING THIS FORM TO CATZ IN PERSON OR VIA FAX 512-535-0387.** For any additional information, you can email [tmeyer@catzsports.com](mailto:tmeyer@catzsports.com). A CATZ participation waiver is required for all players.

Contact us at 512-345-5547 or go to [www.catzatx.com](http://www.catzatx.com)

Circle Desired Nights:

(\$199/5 nights inc. Friday game) Mon June 7, 14, 21, 28, & July 5th    Wed June 9, 16, 23, 30, & July 7th  
Friday Game Days    June 11, 18, 25, July 2nd, and July 9th

Name \_\_\_\_\_ Team \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Parent Name: \_\_\_\_\_

I am paying for 5 nights for \$199. \_\_\_\_\_ If you wish to train all 10 nights (5 Mondays and 5 Wednesdays), add \$99.

ALL PAYMENTS ARE TO CATZ. Total: \$ \_\_\_\_\_ If paying by check mail to CATZ, 12611 Hymeadow Dr., Austin, TX 78729

MC Visa Dis Amex # \_\_\_\_\_ Exp \_\_\_\_/\_\_\_\_ Security Code: \_\_\_\_\_

Name on card: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Signature: \_\_\_\_\_