



## Competitive Program – 97's through 94's

This program is for high school-aged players who want to continue to develop their individual ball handling and goal keeping skills as well as the “advanced training” concepts of individual and team play. Clinics for this age group also include Speed, Agility, and Quickness (SAQ) training which develops strength, athleticism, and has been shown to reduce player injuries.

Continued skill development is essential for high level interscholastic high school team play. We also encourage continued competitive team play through the high school years. Juneau has had several high school-aged competitive teams who were State Cup champions and performed well in national and even international tournaments.

Fees for high school interscholastic participation are separate from JSC fees for high school-aged players.

Skills Clinics are run by Director of Coaching Matt Dusenberry. Goal Keeper training will be held during each keeper's competitive team practice on the weekend. This will provide more 1-on-1 and in-game instruction. Matt and Phil Subeldia will be coaching the keepers. Matt holds a National A level USSF coaching license (highest possible). Phil is an expert keeper and holds a D level license.

The competitive teams are coached by trained licensed adult coaches. Currently JSC coaches and assistant coaches have E and D level licenses.

Membership Fees for this program are:

- HS training only - **\$175 per year**

