

ARSENAL/ MINIGOALS FOOTBALL ACADEMY

PARENTS INFORMATION FOR SEASON 2011/2012

1. Cooperation with Arsenal

We will continue cooperation with Arsenal and will now introduce a more strict A team and B Team Structure for some age groups.

A Teams will be committed to come to training a minimum number of times per week and will also be committed to attend all games during tournament season. We will not be attending as many tournaments as we did last year (most likely Grassroots, Ayia Napa and perhaps one more tournament).

B Teams will also be entered into tournaments and the training schedule will be less onerous.

Transfers between A and B teams will be dependent on performance.

The Arsenal Technical Directors will visit our Academy at the beginning of the next season to discuss the events during 2011/2012 which will include trips to Emirates Stadium to watch matches, 3v3 tournament, visits from trainee coaches, training seminars for coaches.

2. Timetable for 2011/2012

In order to improve our training sessions, especially for the older boys (1996/1997/1998), we will be also be training at the large pitch at Aglantzia Municipal Centre from September 2011. Players born in 1996/1997/1998 will no longer be training at Keravnos.

Important Announcement for Players born in 1995 and 1996

The official tournaments will not allow teams with players born in 1995 or 1996 to take part. Therefore, for these boys , they can continue to train with our 1997/1998 team and we will aim to create a futsal team for them to play competitively.

There will be a bus provided for return journey from and to Keravnos, leaving at 17.00 and returning at 19.30. Cost will be €20 per month.

3. Coach Structure

Ara Bedrossian - Head Coach.

George Kyprianou, Kyriakos Kyriazis and Peter Stevenson will be Assistant Coaches.

4. Sports Dimensions Gym, GSP Stadium

We will continue working with Sports Dimensions Gym at Allegra Hotel in the GSP Stadium.

Staff at Sports Dimensions Gym carry out an initial assessment whereby they establish the strengths and weaknesses of each boy. Their program focuses on improving performance of young athletes through movement education, neuromuscular conditioning, speed exercises, strengthening exercises, power conditioning, running technique and team training.

Boys are strongly encouraged to attend, as a team, at least once per week. We have proposed a time for each team but do not worry if you cannot make the suggested time. You can attend on a one-to-one basis as well. Please try to schedule sessions at Sports Dimensions on a day which you do not have football training.

Preferential rates are available for members of Arsenal Academy and a maximum of 10 people per session can attend.

Prices are €60 per month for once per week and €100 per week for twice per week plus €30 for the initial assessment.

Please call 22561212 and speak to Eleni Andreou to book your appointment.

Suggested attendance as a team:

2003/4 A Team: Thursday 16.00-17.00

2003/4 B Team: Monday 16.00-17.00

2002 Team: Monday 15.00-16.00

1999/2000/2001 A Team: Tuesday 14.00-15.00

1999/2000/2001 B Team: Tuesday 16.00-17.00

1997/1998 Team: Friday 17.00-18.00

5. Nike Kits for next season

The Kits for the Academy will be sourced from Nike for next season.

6. Nutrition

Great emphasis is put on good nutrition at the Academy. Our resident nutritionist, Nicoletta Papadopoulou, will be holding seminars for the parents and the children throughout the year. We ask for your support throughout this process. It is important we work together on this very important and delicate subject.

We will be asking children to complete weekly food diaries and asking them to discuss in a group.

We encourage you to make an appointment with Nicoletta Papadopoulou should you wish to discuss any issues with her. Please feel free to call her on 22358008.

Healthy Oat Snacks and Energy Gels are available from the office.

Welcome back!