

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

Minimum Attendance Requirements.

If you cannot make the sessions as they are laid out in the attached timetable, please call me to discuss.

YEAR OF BIRTH	MINIMUM ATTENDANCE PER WEEK	NOTES
2005/2006/2007	Once or twice	New recruits start once per week for 3 months minimum
2003/4 A Team	Three times	See attached spreadsheet for members of A/B list
2003/4 B Team	Twice	See attached spreadsheet for members of A/B list
2002 Team	Twice (up to three times)	
1999/2000/2001 B Team	Twice	See attached spreadsheet for members of A/B list.
Goalkeepers	Altogether once or twice, plus once or twice with appropriate age group	

3. Coach Structure

Ara Bedrossian will remain Head Coach and will be training the A teams and some B teams.

George Kyprianou will continue as full time coach next year with more emphasis on fitness training in each training session.

Kyriakos Kyriazis, fitness instructor.

4. Improving Fitness Levels

In conjunction with **Renacimiento Fitness Academy, Arsenal Soccer School Nicosia** would like to introduce some procedures which will allow us to measure and monitor the fitness levels of each boy over the age of 7.

Arsenal Soccer School Nicosia will be fully subsidizing this effort for this season.

Each parent will receive two reports per year for their child (December and April), which will include:

1. Results of Ergometric tests
2. Results of Anthropometric Tests
3. Tailor-made nutritional advice for increasing stamina, weight control, correct body development
4. Specific workout programme with photos demonstrating stretching, strengthening and balance exercises to be done at home
5. Specific workout programme and nutritional advice for the summer

In addition, parents will receive

1. €100 voucher for gym, beautician, spa and hair salon services
2. Fat and weight measurement for parents

Please join us

INFORMATION SEMINAR ON IMPROVING FITNESS

DATE: Tuesday 13 December

TIME: 8PM-9PM

LOCATION: Pascal School, Anthoupolis

5. Sports Dimensions, GSP Stadium

In conjunction with Sports Dimensions Gym at Allegra Hotel in GSP Stadium, we recommend boys over the age of 7 attend at least once per week if possible.

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 slot.

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.

7. Inside Out Summer Camp

We also run a summer camp. Please ask Xenia for more details

8. Suggestion Box

There will be a suggestion box placed in the store room next year. Please feel free to submit any comments you may have.

9. Holidays

Last day of training is **Wednesday 21 December 2011.**

Training resumes on **Monday 9 January 2012.**