



We have started working with Sports Dimensions Gym at Allegra Hotel in 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 Soccer School and a maximum of 10 people per session can attend.

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

Please call 22561212 and speak to Eleni Andreou to book your training sessions.

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

Great emphasis is put on good nutrition at the our Soccer School. 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 Xenia's office.

