

# Ra's Soccer Academy

with pro soccer player Rawle "Ra"

Scope

Begins: 12/14/09 5-6pm



Rawle Scope NASM CPT

Strength & Conditioning  
Coach  
Owner, DRH Fitness



Cost: \$150 per player for 8 weeks

Fitness, Athletic Performance, Discipline

Achieve a CHAMPION attitude

## • Improve Skills & Techniques

- Volleys
- Free Kicks
- Juggling
- Moves
- Position Training

## • Learn Key Strategies & Tactics

- Fundamentals
- Patterns
- Game Plans
- Practice Drills

## • Conditioning

- Speed Training
- Fitness
- Mental Focus
- Nutrition

### Please join us for an inspired commitment to athletic achievement.

Rawle is currently certified as a personal trainer from the National Academy of Sports Medicine and is the chief operating officer for DRH Fitness. Rawle has been a personal trainer and sports coach for over 12 years.

Rawle is a tremendous athlete presenting the most prestigious of all athletic accomplishments. He competed as a soccer player in the position of forward for several professional teams around the world. Those teams include Flamengo in Brazil, Torino in Italy and San Juan United in Trinidad & Tobago. In the United States Rawle was the captain of the championship Division I club Juventus. Ra brings over 20 years of playing and coaching experience to his curriculum. His training style is innovative and fun. Players will learn the fundamentals while acquiring skills from a European approach to football for a deeper understanding of the game.



Please complete the form and return with payment of \$200 to DRH Fitness 131 Main St. Suite # 6 East Rockaway, NY 11518

Class Name: Soccer Clinic Session: Winter 2009/10 Contract date: \_\_\_\_\_ Cash Check # \_\_\_\_\_ AMEX M/C VISA DISCOVER

Approval number \_\_\_\_\_ Amount Paid \$150

Participant's Name \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Emergency Contact's Name \_\_\_\_\_

Phone Number \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Cell Phone \_\_\_\_\_

I understand that full payment is due at the time of registration. Registrations sent without full payment will not be enrolled until payment is received. I accept that payment is for the full session and no credit will be given for withdrawals or absences after session begins. I understand that there are no makeup classes. Refunds will be given only in case of medical emergency and requests must be accompanied by a doctor's note. Checks are to be made to Turf Island. **All returned checks are subject to a \$35 fee.**

Signature \_\_\_\_\_ Date \_\_\_\_\_