

# 4U ACADEMY SCHEDULE & WEEKLY THEME – 8 WEEK PROGRAM

Aug 17<sup>th</sup> – Make-up Uniform P/U- 5:30 – 7pm AYSO Office – 330 Maple Street, Corona

PHOTOS – Santana Park – Saturday, August 19<sup>th</sup>

12:40 pm – 4U ACADEMY (Fill out form, Get in Line – 1 Player/1 Parent Only)

Season Starts Tu/5:30pm – Shearer Park – 3169 Corydon, Norco, CA 92860

- Bubble Tunnel and Snack at the end of every Session

<u>DATE</u>	<u>TIME EVERY WEEK – 5:30 pm</u>	<u>WEEKLY THEME</u>
Sept 5th		WILD WEST ROUND-UP
Sept 12th		A PIRATE'S LIFE
Sept 19th		MERMAID/UNDER THE SEA
(Sat – Sept 23 <sup>rd</sup> – Make Up Picture Day – 8:30 am – 11:30 am)		
Sept 26 <sup>th</sup>		CARS
Oct 3 <sup>rd</sup>		LEGOS/TEAM WORK
Oct 10th		SUPER HEROS
Oct 17th		GALAXY QUEST/STAR WARS
Oct 24th	(Awards/Special Snack!)	OLYMPICS

- We'll end the last session with Awards & a snack in celebration!

## 4U ACADEMY 101 – BASIC INFO – AYSO37 (Corona/Norco)

LOCATION: SHEARER PARK – 3169 Corydon, Norco, CA

Where to read more – Go online – [AYSO37.org](http://AYSO37.org) – Click on programs, Click on 4U/5U Academy.

Timeframe – 8 weeks, meeting @ 5:30 pm for 45 min.

Clean-up: Please help Coach Kevin pick up the cones/balls, goals, etc to quickly put away.

Expectation – 8 week program, new theme and music each week to complement the warm-up, practice, skill, game taught each week. Players will work on FMS (fine motor skills).

- CHECK-IN – Please check in your player the first 2 WEEKS – for a name tag.
- A MUST – Shing Guards needed, cleats are great, but running shoes are OK with Size 3 Ball. (Note: shinguards need to be underneath the socks)
- WHAT TO BRING – PARENTS: A smile, and don't forget their cleats/shoes. Also chair/umbrella/water for breaks/sunscreen.
- BUBBLE TIME – instead of Tunnel Time – at the end of the session – PARENTS FORM 2 lines – we'll have bubbles for parents to grab (parents make a car wash with the bubbles for players).
- NO COACH NEEDED – Group exercise with player/parent. One parent/guardian for each player (not the whole family). This session preps for 5U.
- SNACKS – we'll provide a simple snack after bubble/tunnel time for the 8 weeks. The last week will include an award and a special snack. Parents are welcome to bring personal snacks for player along with water/juicebox/Gatorade.
- PICTURES – Picture times will be emailed when schedule comes out.

UNIFORMS – will be handed out at parent meeting (jersey, shorts, and socks, and hair tie for girls).

Master Coach – Kevin McIntyre, National Coach Academy Coordinator – Marla McIntyre

Email – [u4-u5director@ayso37.org](mailto:u4-u5director@ayso37.org)