



# BAYONNE SOCCER PRESENTS

# WINTER TRAINING

AS SEASONS CHANGE, WE MAKE ADJUSTMENTS TO STAY ACTIVE



## PHYSICAL ACTIVITY IS CRUCIAL

With cooler weather driving you inside, physical activity may seem out of the question. However, regular physical activity **strengthens the immune system, improves sleep, reduces anxiety and depression, and helps maintaining a healthy weight.** Kids need to remain active! and their skills sharp.

## WE ADJUST

Due to Covid 19, this winter all school gyms are closed and unavailable. In addition, outdoor activities remain the safest environment to prevent the spread of the virus.

NY Times article [HERE](#)

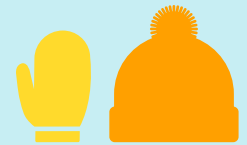
We will follow CDC/government guidelines, and adjust our sessions according to the regulations.

## INTENSE TRAINING

Our sessions will be high intensity, warm up activities to get the blood pumping, the body and mind ready, and lots of touches on the ball.

## WE WILL WIN #Together

Cold temperatures never stopped us from playing outside when we were kids! *Hey... we can get coffee for the parents to stay warm, and even run a workout for those interested!*



### Dress in layers

Wear a jacket, hat, gloves.



### How cold?

If weather is below 40 degrees, we will not train, and make up the session.

### Where is it?

Stephen Gregg



Turf fields  
Marine Drive  
Bayonne, NJ



### Coaches

Professional coach  
USSF "A" License



### WHAT WE WANT

To keep the children active, and sharp with their skills.



### WHAT'S GOING ON

There is no indoor available!!



### HOW WE WILL FIX IT

NO excuses! we adjust!  
Let's bundle up and play!

# FORMAT

## HOW DOES IT WORK?

- **SESSIONS ARE ON IF TEMPERATURE IS 40°F and over:** We will monitor the weather, if below 40° the session will be canceled and rescheduled.
- **HOW MANY PLAYERS?:** We will limit the classes to 12 players per coach to ensure lots of movement and instruction.
- **HOW MANY SESSIONS? Please read** The plan is to run a total of (at least) 6 sessions throughout the winter (January, February, March), hopefully more. We will run the program in “**blocks**”. This will give us extra days to make up any sessions that gets canceled due to weather. Once the first block of 4 sessions is done, we will open up the second block. The participants that are registered for the first block will get priority registration at a discounted price for the second block of sessions, before it opens up to the public.

DATE	YEAR OF BIRTH	TIME SLOT
SATURDAYS Starting January 9th 2021	2015/2016	11:00 am to 12:00 pm
	2012/2013/2014	12:00 to 1:00 pm
	2009/2010/2011	1:00 to 2:00 pm



**COST** \$60 for the first four (4) sessions block.

**COACH** Sessions will be ran by coach Ari Levit (USSF “A” License, Bayonne Program Director)

**REGISTER** [WWW.BYSA.COM](http://WWW.BYSA.COM) under Special Programs

**CONTACT** For more information contact us at [programs@bysa.com](mailto:programs@bysa.com)