



The Longmeadow Soccer Association invites you to participate in the
 Winter Soccer Sessions.

Coach Tom D’Agastino will run five 1-1/2hour sessions one Saturday a month from December through April to encourage Longmeadow soccer players to maintain and improve their soccer skills. These sessions are designed for fun and are offered by the LSA as a way for players to stay in touch with the ball.

Each session will include a ½ hour of warm-up and ball work and 1-hour of game play. There will be a fee of \$25 for all five sessions. Players may pay \$7.00 for each individual session.

Session	Age	Dates	Times
Boys	U10 & U11	Dec. 5 th , Jan. 9 th , Feb. 6 th , Mar. 20 th , and Apr. 3 rd	9:00am – 10:30am
Boys	U12, U13 & U14	Dec. 5 th , Jan. 9 th , Feb. 6 th , Mar. 20 th , and Apr. 3 rd	10:30am – 12:00pm
Girls	U10 & U11	Dec. 12 th , Jan. 16 th , Feb. 13 th , Mar. 27 th , and Apr. 10 th	9:00am – 10:30am
Girls	U12, U13 & U14	Dec. 12 th , Jan. 16 th , Feb. 13 th , Mar. 27 th , and Apr. 10 th	10:30am – 12:00pm

Sessions will be held at ATTAIN Sports Performance located at 80 Denslow Road in East Longmeadow, MA. **Please bring your payment with you.** No pre-registration is required.

For more information, please email LsaBoard@LongmeadowSoccer.com

Have some fun this winter and stay in touch with the ball – join us for Winter Soccer Sessions.