



CVYSL U8 Academy

SACRAMENTO ★ CALIFORNIA

CVU is proud to partner with the CVYSL to offer an age-appropriate training program for players born between the years **1/01/2010 - 12/31/2011**. The Academy will consist of Sunday morning training sessions, beginning in May, and will focus on age appropriate training sessions that center on fun, movement skills, coordination, foot skills and small-sided games.

The training sessions will be led by an experienced professional coach with the help of assistants. The Academy will cost \$75 per registrant which covers all 8 training sessions and each participant will receive an Academy training shirt. Each player will be expected to bring their own properly inflated ball, shin guards and water to each training session.

- When:** Sundays during May through July
- Times:** 9:00 - 10:15 AM
- Cost:** \$75 for all sessions (Training Jersey Included)

Location:

Foothill High School
5000 McCloud Drive
Sacramento, CA 95842

Date	Location	Times
Sunday, May 7	Foothill High School	9:00 am - 10:15 am
Sunday, May 14	Foothill High School	9:00 am - 10:15 am
Sunday, May 21	Foothill High School	9:00 am - 10:15 am
Sunday, June 4	Foothill High School	9:00 am - 10:15 am
Sunday, June 11	Foothill High School	9:00 am - 10:15 am
Sunday, June 18	Foothill High School	9:00 am - 10:15 am
Sunday, June 25	Foothill High School	9:00 am - 10:15 am
Sunday, July 9	Foothill High School	9:00 am - 10:15 am