



FC BOULDER Monthly

FCB Athletics Program – 2018 October

Director: Sean Baumann



FC Boulder's new, professional training platform has been built for players looking to add individual or small group training sessions to their offseason plans! We are excited to offer this in-house program, directed by Sean Baumann and led by experienced FCB staff, to all the soccer players in the area. The program's intention is to provide an easily accessible resource for the players who are looking to get more out of their offseason training.

This winter, we are offering three, 4-week sessions beginning on November 26. All sessions will be held indoors at the Sports Performance Center to ensure the perfect training environment. Each session will consist of four, 1-hour trainings with an experienced FCB coach. Players can sign up for more than one training a week if they would like and are welcome to sign up for multiple sessions.

FCB Athletics will cater to individual and small groups looking to add more training sessions to achieve their goals. Sign up by yourself or gather your friends! All players are welcome to participate including players not currently playing with FC Boulder. Players will be challenged through a personalized plan as they continue to develop along their soccer path.

Contact Sean.Baumann@fcboulder.com to sign up and reserve your spot today!

Three, 4-week sessions available:

Session 1: 11/26/18 - 12/21/18

Session 2: 1/7/19 - 2/1/19

Session 3: 2/6/19 - 3/1/19

- Individual training sessions are available depending on coach and field availability.
- Players are free to sign up for multiple sessions.

Available FCB Athletics time slots:

Monday - Thursday: 2:30-4:30PM

Friday: 2:30-5:30PM

Saturday: 9:00AM-12:00PM

- We will work to accommodate individual time requests based on field availability.

Cost per 4-week session:

Single Athlete: \$240

2+ Athletes: \$360

What do you need to do to sign up?

1. Find a day and time slot that works best for you or your group.
2. Decide which session (or sessions) you would like to train.
3. Contact Sean Baumann to reserve your spot and discuss goals!