

WDMSC School of Excellence (SOE) is a proven player development program designed to assist players in achieving their performance potential. The program is designed for players (boys and girls) who have a desire to achieve excellence in their soccer development. The West Des Moines SOE is a tiered structure that is based on age, physical development and skill level. The winter SOE training program is designed by Gareth Smith, Director of Coaching, and the WDMSC professional coaching staff. There are LIMITED spaces available! Enroll as soon as possible.

The following programs are available:

- **Level 1 - Junior School of Excellence (JSOE)**

The JSOE program is designed for players in the U7-U8 age groups. The program focuses on improving foot skills, coordination and fundamental technical skills.

- **Level 2 – Academy School of Excellence (ASOE)**

The ASOE program is designed for all (Recreational and Academy) players the U9-U10 age groups. The program is aimed at mastering a variety of techniques (i.e. dribbling, turning, moves, striking etc.) through proven age appropriate training methods.

- **Level 3 – Select School of Excellence (SSOE)**

The SSOE program is designed for players in the U11-U12 and U13-U14 age groups. The program focuses on developing technical proficiency (i.e. dribbling, striking, 1v1's etc.) and physical performance (i.e. speed, agility, coordination).

- **Level 4 – Enhanced Performance Training (EPT)**

The EPT program is designed for players in the U12-U18 age groups. The program focuses on achieving peak physical performance, with emphasis on soccer specific fitness and conditioning. Directed by Justin Vorster and Josh McAllister, this is a great opportunity for high school players to get involved in a comprehensive preseason training program.



Age	Session I	Session II	Time / Location
SOE U7-U8	Fridays January 6, 13, 20, 27 February 3	Fridays February 10, 17, 24 March 2, 9	5:00 PM – 6:00 PM Skate West*
	Saturdays January 7, 14, 21, 28 February 4	Saturdays February 11, 18, 25 March 3, 10	9:00 AM – 10:00 AM Skate West*
SOE U9-U10	Saturdays January 7, 14, 21, 28 February 4	Saturdays February 11, 18, 25 March 3, 10	10:00 AM – 11:00 AM Skate West*
SOE U11-U12	Saturdays January 7, 14, 21, 28 February 4	Saturdays February 11, 18, 25 March 3, 10	11:00 AM – 12:00 PM Skate West*
SOE U13-U14	Saturdays January 7, 14, 21, 28 February 4	Saturdays February 11, 18, 25 March 3, 10	11:00 AM – 12:00 PM Skate West*
EPT U12-U18	Tuesdays and Fridays January 10, 13, 17, 20, 24, 27, 31 February 3, 7, 10	Tuesdays and Fridays February 14, 17, 21, 24, 28 March 2, 6, 9, 13, 16	5:00 PM – 6:00 PM Tuesday Sessions are at 7 Flags** Friday Sessions are at Fitness World West***

* Skate West is located at 2019 Grand Ave., West Des Moines.

**7 Flags is located at 2100 NW 100th St., Clive

*** Fitness World West is located at 3200 Westown Pkwy, West Des Moines.

Sessions that are cancelled due to inclement weather will be made up based on gym availability.

Age	Price	Family Discount Price
SOE U7-U10	\$90/session or \$165 for both	\$10 discount*
SOE U11-U14	\$90/session or \$165 for both	\$10 discount*
EPT U12-U18	\$145/session or \$275 for both	\$15 discount*

* Discount applies to each additional (i.e. 2nd, 3rd, 4th) child's registration.

Select one of three easy ways to register —

1. Fill out the form below and mail it with your check (made out to West Des Moines Soccer Club) to WDMSC, Attn: SOE, P.O. Box 27008, West Des Moines, IA 50265.
2. Register online at www.wdmsoccerclub.org (go to "camps/clinics" to pay online).
3. Bring a check and completed registration form to the first date of your selected session. If choosing this option, be sure to call in advance (the week prior) to confirm space availability.

Registration deadlines —

Session 1 - registration must be received on or before December 19th, 2011

Session 2 - registration must be received on or before February 6th, 2012

Due to limited space, participation is based on a first-come, first-serve basis and all payments are nonrefundable.

What to bring — All participants must bring an inflated ball, water bottle, shin guards and appropriate indoor footwear. In case of inclement weather, call the WDMSC weather line – 222-0079.

Winter School of Excellence Registration

Please Check Session(s):

SOE U7-U8 SOE U9-U10 SOE U11-U12 SOE U13-U14 EPT Program U12-U18

Players Name: _____

Parent Guardian: _____

Age: _____ Gender: Male Female

Contact information: _____

Address: _____

City: _____

Email (required): _____

State: _____ Zip: _____

Sibling registration information:

Sibling name: _____

Home Phone: _____ Cell: _____

Age U- _____

Medical conditions:

