

Seacoast United Soccer Club has quickly grown to be recognized as one of the Nation's top Clubs. It is one of the reasons why Nike selected SUSC to become a Nike Premier Club and also why US Soccer accepted the Club into the newly formed US Development Academy. Recently, SUSC merged with the former Coastal Soccer Club to create SUSC Maine. Seacoast United Maine now has it's sights set on becoming one of the best developmental Clubs in ME. Offering developmental programs they are committed to developing their players the right way from the ground up.

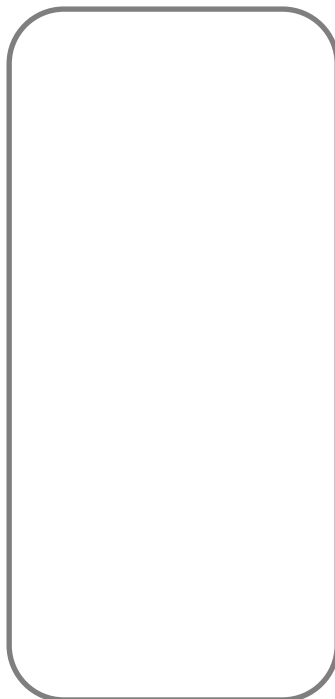


**NEW: Online Registration for
2009 / 2010**

**Beginning fall 2009 Seacoast United
Maine will be utilizing online
registration for all indoor programs
and soccer leagues!**

**Please visit our website for details:
www.seacoastunitedmaine.org**

Contact our full time staff at (207)-729-8444 or
Jwade@seacoastunited.org
pcameron@seacoastunited.org
jdane@seacoastunited.org
mkeen@seacoastunited.org
 with any questions regarding these programs.



Seacoast United Maine

Seacoast United Maine
 20 Atwood Road,
 Topsham, ME 04086

SEACOAST



MAINE

**Winter Indoor Soccer
Training Programs
2009/10**



**November 2nd 2009 Until
April 30th 2010**

**Seacoast United Maine Indoor Arena,
20 Atwood Rd,
Topsham, ME 04086
Telephone: (207) 729 8444**

www.seacoastunitedmaine.org

New For 2009/10

Advanced Academy / Special Topics:

Seacoast United Maine is proud to announce a new program featuring our top College Coaching staff to work with select boys and girls on Friday nights throughout the Winter and Spring. Our series will focus on intensive training and study of select topics to run in four week blocks, exploring in depth such topics as: Ball Control, both in attack and possession, Defending to attack/zonally and man to man, Striking the ball and finishing, Goalkeeping techniques and tactics, Passing and Receiving/ground/air.

For recommended U12 – U18 Players.

Cost: \$75 per 4 week session.

For more information contact Jim Wade:

jwade@seacoastunited.org

Soccer Fitness & SAQ (Speed, Agility, Quickness):

“Soccer fitness” is different to general fitness. It involves aspects that are specific to the game. This 24-week program is split into three 8-week sessions taking place on Tuesdays or Fridays and each week will include work on a variety of topics. The main themes will include; Speed training, Acceleration, Agility, Balance, Explosive Power, and Muscular Endurance & Flexibility. The trainers for this program will include Martyn Keen and Paul Cameron – both certified fitness instructors.

For U12 – U18 Players.

Cost: \$55 (SUSC Maine Players) / \$85 (Non-SUSC Maine Players) per 8 week session.

For more information contact Martyn Keen or Paul Cameron:

mkeen@seacoastunited.org

pcameron@seacoastunited.org

Meet SUSC Maine's Staff

Jim Wade:

- Jim is the Boys Director of Coaching. He holds the NSCAA Premier License as well as the Advanced National Diploma from the Dutch Royal Coaching Association. Jim has also served as Assistant Men's coach at Bates, Colby, as well as a Region I staff ODP coach. Jim currently coaches on the boys' side within SUSC Maine.

Paul Cameron:

- Paul is the Girls Director of Coaching for SUSC Maine. He is originally from England and has been involved with coaching in the US since 2001. He holds the English FA Leader's Award, Prelim badge and the NSCAA National and Advanced Diploma. Paul currently coaches 2 of the girls' teams with SUSC Maine.

Jay Dane:

- Jay is Director of Youth and Summer Programs. He is a native of England and is an English FA Qualified Coach having worked with Derby County and Birmingham City's football academies. Jay currently coaches on the boys side within SUSC Maine and is in charge of the Club's Jr. Academy & Grassroots/Skills & Scrimmage Programs.

Martyn Keen:

- Martyn Keen is Director of Goalkeeping. A native of North Wales where he was a schoolteacher and a soccer player and coach in the League of Wales for many seasons. He was also involved in working with the Welsh U-15 schoolboy's team before moving to the U.S. in 1994. In the States, Martyn has been heavily involved in coaching and has worked with many age groups and in many roles.

Guest Coaches:

- Guest Coaches can include SUSC Maine coaching staff, local college coaches from Bowdoin, Bates, Colby, USM, SMCC and UNE, the United Kingdom and former/current SUSC Maine players.

What is Seacoast United Maine?

- Seacoast United Maine offers top quality play and training for top quality players from the U10 to the U18 level for both girls and boys.
- In the Winter SUSC Maine offers training times, indoor leagues, lacrosse and field hockey training and leagues as well as skills and Grassroots classes. All at the indoor arena in Topsham.
- SUSC Maine offers many programs that are a very unique training opportunity for 7-18 year olds to get club level training that concentrates on skill development and love for the game throughout the winter season or year round.

Other SUSC Maine Winter '09/10 Offerings

Directors Night & Goalkeeper Training:

On Monday nights throughout the Winter all of the SUSC Maine Directors of coaching will be available to train with players with a different topic each week. Directors Night is open to any SUSC Maine players as part of their tuition or players from other clubs for a small fee. SUSC Maine Director or Goalkeeping Martyn Keen has been successful in developing many top class keepers in both high school and colleges. This 24 week program will progress through all the major Goalkeeping components.

Cost: Free (SUSC Maine Players) / \$110 (U10-U14) / \$125 (U15-U18) Per 8 week session.

For more information contact Paul Cameron or Martyn Keen (Goalkeepers):

pcameron@seacoastunited.org

mkeen@seacoastunited.org

Junior Academy:

The SUSC Junior Academy program is an accelerated soccer training/playing program for a select group of 7&8 and 9&10 year old boys and girls. We prioritize skill development and nurture a love for playing in a fun, competitive, and age appropriate environment. Players will enjoy the opportunity to play with and against those of similar motivation and ability.

For more information contact Jay Dane:

jdane@seacoastunited.org

Grassroots /Skills and Scrimmage:

This program is for children 3-10 years old and uses 'teaching' games and exercises to create a relationship between playing soccer, having fun and developing their skills.

For more information contact Jay Dane:

jdane@seacoastunited.org