



# Palmyra Riverton Soccer Club

## 2019 Spring Recreational Program

[www.palrivsoccer.com](http://www.palrivsoccer.com)

This program is specifically designed for the younger soccer player. The purpose is to provide a fun atmosphere that will help them learn the game of soccer with a variety of activities and small sided games in a no pressure environment. The activities and small sided games will help players establish a love for the game. Register on website ([www.palrivsoccer.com](http://www.palrivsoccer.com))

### U5/U6 Recreational Program (2014 & 2013 birth years) Cost: \$40

- Legion Field on Saturdays from 9:00 to 10:00 am
- 7 sessions - March 30, April 6, 13, 27, May 4, 11, 18
- Players should come prepared for each session
  - i. Proper equipment - All players are required to wear shin guards covered by socks at every session - Cleats are recommended but not required
  - ii. All players should bring water or sports drink to every session
  - iii. Size 3 soccer ball
- 30 minutes of soccer activities
- 30 minutes of small sided games
- No score keeping
- No practices during the week
- At all times promote good sportsmanship
- Coaches, parents and players must abide by the PRSC Code of Conduct (available on the website)
- **HAVE FUN!**

### U7/U8 Recreational Program (2012 & 2011 birth years) Cost: \$40

- Legion Field on Saturdays from 10:00 to 11:00 am
- 7 sessions - March 30, April 6, 13, 27, May 4, 11, 18
- Players should come prepared for each session
  - i. Proper equipment - All players are required to wear shin guards covered by socks at every session - Cleats are recommended but not required
  - ii. All players should bring water or sports drink to every session
  - iii. Size 3 soccer ball
- 30 minutes of soccer activities
- 30 minutes of small sided games
- No score keeping
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- Coaches, parents and players must abide by the PRSC Code of Conduct (available on the website)
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