

THE GOAL ACADEMY

COURSE OUTLINE

Programme:	Goals Utd
Age Groups:	U8s/U10s/U12s/U14s/U16s
Age Range:	6–16 year olds
Gender Groups:	Boys/Girls/Mixed
Programme Length:	12 Weeks
Sessions Per Week:	1 / 2
Session Length:	60mins
Start Date:	Term 2
Venue:	Samba de Futsal, Section 51A, PJ
Day/Time:	TBC
Cost:	Registration Fee – RM150 Programme Fee – RM400 Individual Session Fee – RM35
Discounts:	Sibling Discount 10% 2 sessions p/wk 20%
Group Size:	Maximum group size 12–16
Course Overview:	<ul style="list-style-type: none">• an intensive, fitness-based coaching programme for children who suffer from obesity;• aims to maximize weight loss, increase fitness whilst improving players' football fundamentals;• players receive a GA Exercise Diary and are encouraged to keep a record of their daily diet and exercise to chart their own progress;• players draw up personal goals and action plans;• GA Football Fitness Tests show players' progress;• players receive nutrition and fitness-related homework tasks to improve their awareness and maintain their focus.
Course Features:	Players receive a Goal Academy Player Pack on registration (including football kit, backpack, ID Card, 'Goal File' and Soccer Zone membership) as well as a Certificate of Achievement and Player Profile on completion of the course.
How to Apply:	Apply online at www.thegoalacademy.com/join.html or download an application form and send it to: The Goal Academy Sdn Bhd, 8 th Floor, West Wing, Menara Rohas Perkasa, Jalan P. Ramlee, 50450, Kuala Lumpur.
Information:	Call 03 2719 5612 or email info@thegoalacademy.com