

Karina LeBlanc's GOALKEEPING TRAINING Winter Fitness

++ Canadian National Team Goalkeeper ++
www.karinaleblanc.com

Director: Karina LeBlanc

- * Rutgers University Assistant and goalkeeper coach
- * Canadian national team goalkeeper(1998-current,10 yrs)
- * Member of 1999,2003,2007 Women's World Cup, and 2008 Beijing Olympics
- * Selected by Los Angeles Sol with the fifth overall pick in the WPS (women's professional soccer) General Draft Oct. 2008
- * all league goalkeeper w/the NJ wildcats
- * WUSA goalkeeper (Boston Breakers)



This is a Goalkeeping Winter Program for the experienced/advanced. The focus will be on goalkeeping fitness as well as speed, agility, technical, tactical, and the mental aspects of the position. I will be bringing a combination from all coaches that I have learned as well as what I have used to prepare for all the international events I have been a part of.

Location: Soccer Center (near PDA). Somerset, NJ

LIMITED spaces available. goalkeepers are expected to sign up for both Tuesday and Thursday (package A); they will get priority into these sessions

Cost/packages:

- a) \$360 for 12 session package (must sign up for entire pkg)
- b) \$270 Tuesdays only
- c) \$270 Thursdays Only
- \$ 45 Individual session (If there is room)



This is a 12 session program. Spots and spaces are limited, so it will be on the basis of those who sign up first will be in.

Rutgers, The State University, is not responsible or liable for any of the activities in respect to the camp; the Camp Director is an independent contractor.

Group 1:

(Age groups are 14 and older)

Group 2:

TUESDAY'S
6:30-7:30

- JAN 6th
- JAN 13th*
- JAN 20th*
- JAN 27th*
- FEB 3rd*
- FEB 10th*

THURSDAY'S

- JAN 8th
- JAN 15th
- JAN 22nd
- JAN 29th
- FEB 5th
- FEB 12th

Feb 3 / 5
"Dead Period"
changes will
be made

TUESDAY'S
8:30-9:30

- JAN 6th
- JAN 13th
- JAN 20th
- JAN 27th
- FEB 3rd
- FEB 10th

THURSDAY'S

- JAN 8th
- JAN 15th
- JAN 22nd
- JAN 29th
- FEB 5th
- FEB 12th

*please Note that Starting on Jan 13th every Tues is 7:30 start. Thursday's stay at 6:30.

For more information email Karina at kleblanc@scarletknights.com