



**WDMSC
WINTER TRAINING 2009
Opportunities**

SPEED TRAINING OFFERED!!!

The WDMSC will be offering SPEED TRAINING with Melody Carroll. This training will take place on Saturdays.

U-10 through U-12 will have the opportunity from 9-10

U-13 and older will have the opportunity from 10-11

The dates for training are as follows:

Crossroads

Jan 3, 10, 17, 24(combined 10-11), 31

Feb 7, 14, 21, 28

***** January 24th – combined all age groups – 10-11:00**

Rexmathes

March 7 –

A little about Melody Carroll --

Melody attended Graceland University in Lamoni. She was a two-sport letter winner in both Soccer and Track. She was Captain of the Soccer team and won several awards in Track. In 1999, she was an Academic All-American in Track and Field. In 1998, she came in 2nd in the nation in the 600 meter dash AND 5th in the nation as part of a 4 x 400 meter relay team. She also served as assistant coach for the track team while conducting speed training for football players and area track athletes. Completed a minor master's degree in Exercise and Sport Science – Behavioral Basis of Physical Activity.

Areas to be covered in the Speed training:

1. ACL Prevention – Strengthening exercises and appropriate stretches. All soccer players, especially females, need to be aware of the risk of sustaining an ACL injury and what steps they can take to prevent such injuries. I will be using the PEP (Prevention injury, Enhance Performance) program that the National team uses.
2. Core Strength and vertical increase exercises – This will include a variety of exercises to increase strength, balance, and flexibility. Plyometric exercises will be included to improve the production of muscular force and power.
3. Technique and Efficiency of Running – individual feedback and assistance

Registration for the Speed Training will be handled directly through Melody. You may make contact her via email melody@iastate.edu. We will be limiting the number of participants to 25 per time slot. Cost is \$99.00 per participant – Checks made payable to WDMSC to– first come first served.

Email Melody to reserve a spot melody@iastate.edu and then mail your check to Melody Carroll 655 SE Whitetail Lane, Waukee, Iowa 50263 ATT: Speed Training [to confirm your spot!](#)

REGISTRATION DEADLINE – November 20th

REFUND POLICY: Requests for refunds for WDMSC camps and clinics will be made for circumstances requiring a doctor's exemption or geographical relocation which takes a family out of a reasonable distance to participate.

