



Winter “HEAT” Training
November 3rd – January 8th

Architech Sports & Physical Therapy is excited to offer specific training to the Charlotte Soccer Academy. Beginning in November, Architech Sports will hold “HEAT” training sessions during the off-season for Charlotte Soccer Academy players. “HEAT” training focuses on the **H**Health (recovering from in-season aches and pains), **E**xplosiveness (more strength & power for the upcoming season), **A**gility (footwork & the ability to change directions), and **T**Trunk (core strength) of the athlete. Below are some of the details:

- >Specific Sports Training for Charlotte Soccer Academy Players
- >Starting **November 3rd** & continuing weekly through **January 8th**
- >Sessions will run **Tuesday, Wednesday & Thursday** every week
- >Daily Time Slots are available starting at **2:45pm, 3:45pm & 4:45pm**
- >Located in the Basketball Gyms at the Morrison YMCA in Ballantyne, NC
- >Normal Cost = \$600

CSA Member Cost = \$400 with 20% going to the CSA Endowment Fund

The training will be held inside one of the Morrison YMCA gyms. The sessions will last approximately **1 hour** each. Each session will be a thoroughly detailed program focusing on:

- 1) Flexibility
- 2) First-Step Explosion
- 3) Change of Direction
- 4) Footwork
- 5) Core Strengthening
- 6) Linear Speed

Don’t miss out on this opportunity as the Charlotte Soccer Academy teams up with Architech Sports to offer an exciting opportunity for those soccer players wanting to enhance their athletic abilities and be a step-ahead of the game for the upcoming season!

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