

SPARTAN GOALKEEPER ACADEMY 2019 WINTER GK SERIES

SUMMIT LANSING

NOV: 10th, 17th, 24th & DEC: 14th and 21st

STACY DELONGE - DIRECTOR

- MSU Women's Assistant Coach (2004-present)
- Michigan Olympic Developmental Program Staff
- Goalkeeper, MSU 2000-03 (1st Team All Big Ten 2002)
- Academic All American 2003
- USSF National "C" License & US Youth National License
- Local Area Youth Club Coach since 2003
- M.S. in Coaching - Michigan State University (2010)



SPARTAN GK ACADEMY
2019 Winter Goalkeeping Clinic Series
Register online at:
www.sgacamps.com

Name: _____ DOB: _____

Address: _____

Street, City, Zip: _____

Phone: _____ Birth Year: _____

Current Team: _____

Email: _____

(we use email as main communication, please write legibly)

Emergency Contact: _____

Emergency Contact Phone: _____

Gender (circle): M F LS Shirt (circle): YL S M L

Clinic (circle): (Nov. 10) (Nov. 17th) (Nov. 24th)

(Dec. 14th) (Dec. 21st) (ALL)

***Please note different start times to the right for each clinic.**

Cost: \$45 per session or \$200 or all sessions

Checks Payable to "Heller Goalkeeping"

Attn: Spartan Goalkeeping Academy

2009 N Fairview Ave

Lansing, MI 48912

The 2019 SGA Goalkeeper Winter GK Series offer **FIVE sessions each 90 minutes in length.**

Each session will train a different topic.
Topics are as follows:

**Nov. 10th: 2-330pm
Basic Shot Stopping**

**Nov. 17th: 130-3pm
Advanced Shot Stopping**

Nov. 24th: 2-330pm Diving

**Dec. 14th: 1130-1pm
Airplay and Distribution**

**Dec. 21st: 1-230pm
Breakaways & Exiting**

**The Lansing Summit Address:
9410 Davis Hwy
Diamond Dale, MI 48821**

All campers are required to bring:
Soccer ball, Shinguards and Water

Email Stacy DeLonge at heller@ath.msu.edu for more info!