



Soccer Specific Fitness Training

Speed, Agility, Quickness, Strength, Nutrition, Psychology

Off-season and in season programs for u14-u18

Our Training Program

Our Soccer Specific Fitness Training program is designed for players of all levels. Whether it is a player who has professional aspirations or one who just wants improve his/her athleticism, our program benefits anyone who participates and works hard. All participants are pushed by the coaches in the programs to get as much out of this training as they can- no matter who they are.

I am very proud to announce Nico Muñiz, an alumni of numerous IISA camps, including SSFT, recently signed a professional contract with Real Salt Lake of Major League Soccer. Our coaches understand what it takes to play at a high level and how to get there. The program is carefully planned and thought out to improve and develop players' technical ability (skill), speed, agility, quickness, strength and other important aspects. The training leads to more physically and mentally fit players: which promotes fewer injuries, stronger work ethic, more confidence, and stronger love for soccer!

We bring in a Registered Dietitian to inform parents and players about the importance of nutrition for athletes. We also have a speech for the SSFT participants on certain aspects of sports psychology, presented by a licensed mental health counselor who coaches at a high level. The program includes advice and information for participants interested in playing college soccer.

Our first session of the SSFT program held winter '07/'08 was extremely successful. We received numerous complements about the sessions and I personally saw first hand the effect the speed, agility, quickness, and strength program had on my boys' team. The team continued to train this way throughout the spring and I saw a tremendous increase in several areas that certain players were once deficient.

We heard from several parents that the fitness level increased for their children. However, the biggest difference they saw in their player was a boost in confidence. A quicker, more fit, stronger, and mentally confident player is what we are looking to build through the SSFT program.

We hope coaches, managers, and parents within each club and high school program try to recommend participation in the program. It is a great preseason program and benefits players during the season as well.

Please check the website for details or call us at the arena- 266-3653

Thank You,

Gabe Nosseir – International Indoor Soccer Arena “The leaders of Albuquerque Indoor Soccer”

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT

("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in the International Indoor Soccer Arena's activities ("Activity") I, for myself for personal representatives, assigns, heirs, and next of kin:

- 1. ACKNOWLEDGE**, agree, and represent that I understand the nature of Indoor Soccer Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- 2. FULLY UNDERSTAND THAT: (a) INDOOR SOCCER ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS");** (b) these Risks and dangers may be caused by my own actions or inaction's, the actions or inaction's of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be **OTHER RISK AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time; and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the Activity.
- 3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** Nosseir LLC AKA International Indoor Soccer Arena, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owner and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND I FURTHER AGREE** that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed Name of Participant: _____ **Birth date** _____

Address: _____

Phone: _____ **Email** _____

Participant's Signature (Only if 18 or over) _____

Date: _____

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF INDOOR SOCCER ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATION AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Printed Name of Parent/Guardian: _____

Address: _____

PARENT/GUARDIAN SIGNATURE _____ **Date:** _____

**International Indoor Soccer Specific Fitness Training Program
Registration Form- Winter Session**

Who: Any athlete u14-u18

Price: \$100 Per Player for the entire session or \$20 per session+\$10 membership
(ask about membership perks!)

Where: International Indoor Soccer Arena- 5110 Copper Ave NE, 87108, we will
move to our new location sometime during the program- 1311 Cuesta Arriba Ct
NE, 87113

When: 4:30-5:30 Mondays 11/21, 11/28, 12/5, 12/12, 12/19, 1/2, 1/9

Players need: Running shoes to EVERY SESSION & Soccer Ball

Register: gabe@internationalindoor.com or call 266-3653

You can also register at the International Indoor Soccer Arena
5110 Copper Ave NE
Albuquerque, NM
87108

Name: _____ **Date of Birth** ___/___/___ **u-**_____

Address: _____ **City** _____

State: _____ **Zip:** _____ **E-mail address:** _____

Home Phone: _____ **Cell Phone:** _____ **T-Shirt Size** _____

Club Team (if any) _____

Parent Name: _____ **Emergency Phone:** _____

Parent Date of Birth _____



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