



South Bay Force In-House Training Program



The Art of Finishing with Mandy Clemens

Have your Son/Daughter train with one of the Best Collegiate Goal Scorers of All-Time. Mandy was a US National Team Member ('98-'03) and won NCAA Collegiate Player of the Year 1999. She holds Santa Clara University College Records as well as NCAA Records as a Member of the 60/60 Club (60 Career Goals/ 60 Career Assists). Along with her personal accomplishments, her style of coaching balances patience, encouragement, focus, and meditation imagery. Mandy is passionate about training individuals to reach their full potential. She holds her USSF "B" National Coaching License and has an MA in Guidance & Counseling.

Sessions Include: 5 Step Shooting Technique, Heading, One versus One Finishing, Body Balance, Volley Finishing, Penalty Shots, Quick Decision Making in the Box, and Crossing and Finishing.

First Come First Serve--Only 7 Spots Available---

July Session 1: U12-U14 Wednesday 10:00-11:15am Magruder Middle. 7/8, 7/15, 7/22, 7/29.

July Session 2: U12-U14. Friday 5:15-6:30pm Village Field. 7/10, 7/17, 7/24, 7/31.

August Session 1: U9-U11. Wednesday 10:00-11:15am Magruder Middle. 8/5, 8/12, 8/19, 8/26.

August Session 2: U9-U11. Friday 5:15-6:30pm Village Field. 8/7, 8/14, 8/21, 8/28.

Cost: \$80

Sign Up: mandy@bodymindsport.com or call Mandy 310.754.9954

Payment Method: Checks payable to Mandy Clemens

Send to 1703 Speyer Lane, Redondo Beach, 90278

**Please specify session and current SBFC Team.

**There will be no refunds for missed sessions due to limited amount of available space.