

CAROLINA RAILHAWKS

ELITE TECHNIQUE

SUPPLEMENTAL TRAINING PROGRAM

FALL 2013/SPRING 2014



Colin Clarke

*Head Coach
Carolina RailHawks*

- Former Head Coach of the 2010 NASL Champions, Puerto Rico Islanders
- Former Head Coach of Puerto Rico National Team

- Former Head Coach of MLS's FC Dallas
- Scored 13 Goals in 38 Appearances with the Northern Ireland National Team
- Scored a goal against Spain in the 1986 FIFA World Cup
- Played in England's First Division with Southampton, Queens Park Rangers & Portsmouth
- USSF "A" Coaching License



ELITE TECHNIQUE

Sam Stockley

*Player, Carolina RailHawks
Director, Elite Technique*

- Played in English Premier League for Southampton Football Club
- Played in over 500 games for English professional soccer clubs including Blackpool FC, Wycombe Wanderers FC and Port Vale FC
- 22 FA Cup Appearances
- Played in Hungarian Premier League for Ferencvaros TC



- Elite-level supplemental training program patterned upon the English Premiership Academy curriculum, which the Director of Elite Technique, Sam Stockley, experienced at Southampton FC
- Curriculum focuses on breaking down fundamental techniques and mastering them to become a "complete" player
- Training addresses all aspects of the game: technical, tactical, physical and psychological
- Freedom to make mistakes to enable a player to push past existing skill levels
- Training lead by Director of Elite Technique, Sam Stockley, and other RailHawks professional coaching staff
- Training sessions primarily held on WakeMed Soccer Park's pristine grass fields

- 40-week training program divided into two, 10-week Fall programs and two, 10-week Spring programs
- Fall sessions run from early Aug. through mid December; Spring sessions run from early Feb. through mid June
- One training session per week for 1 1/4 hours per session
- Cost = \$185 for each 10-week series (paid before the start of each 10-week series)
- Age groups: (1) U8 Boys/Girls (Wednesdays: 5pm-6:15pm);
(2) U10/12 Boys (Choice of Wednesdays: 6:30pm-8:00pm or Sundays: 6:30pm-8:00pm);
(3) U10/12 Girls (Choice of Wednesdays: 6:30pm-8:00pm or Sundays: 6:30pm-8:00pm);
(4) U14/16 Boys (Sundays: 5:15pm-6:30pm);
(5) U14/16 Girls (Sundays: 5:15pm-6:30pm)

- Player Evaluation Events will be held to determine readiness/acceptance into the Elite Technique program
- Player evaluation dates and times (all Player Evaluation Events will be held at WakeMed Soccer Park Field #3):



- (1) U8 Boys/Girls (Born between 8/1/05 - 7/31/07): Sunday, May 19 4:30pm - 6:00pm
- (2) U10 Boys (Born between 8/1/03 - 7/31/05): Sunday, May 12 4:30pm - 6:00pm
- (3) U10 Girls (Born between 8/1/03 - 7/31/05): Sunday, May 19 6:30pm - 8:00pm
- (4) U12 Boys (Born between 8/1/01 - 7/31/03): Sunday, May 12 6:30pm - 8:00pm
- (5) U12 Girls (Born between 8/1/01 - 7/31/03): Sunday, May 5 6:30pm - 8:00pm
- (6) U14/16 Boys (Born between 8/1/97 - 7/31/01): Sunday, May 5 4:30pm - 6:00pm
- (7) U14/16 Girls (Born between 8/1/97 - 7/31/01): Sunday, May 5 4:30pm - 6:00pm

Interested players must register for their age-appropriate Players Evaluation Event online at CarolinaRailHawks.com/EliteTechnique no later than Wednesday, May 1

For more information, go to CarolinaRailHawks.com/EliteTechnique

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