



IMPACT SPORTS SCIENCE PROGRAM

**PROGRAM AND SERVICES
WINTER 2022/23**

INTRODUCTION

**ST. ALBERT SOCCER
ASSOCIATION IS PLEASED
TO ANNOUNCE THE
ADDITION OF AN IN-HOUSE,
ATHLETIC DEVELOPMENT
PROGRAM AT THE PLAYER
DEVELOPMENT CENTRE.**



MULTI- DISCIPLINARY APPROACH

**ST. ALBERT PLAYERS WILL
NOW HAVE ACCESS TO A
TEAM OF SPORT SPECIFIC S &
C COACHES, AS WELL AS
PHYSIO AND ATHLETIC
THERAPISTS TO HELP
FACILITATE THEIR LONG TERM
ATHLETIC DEVELOPMENT**



ATHLETIC DEVELOPMENT

**THE PURPOSE OF ATHLETIC
DEVELOPMENT IS TO PROVIDE
OUR PLAYERS WITH A HOLISTIC
APPROACH THAT AIDS LONG
TERM DEVELOPMENT AND
PERFORMANCE.**

**THIS INCLUDES BUT IS NOT
LIMITED TO FUNDAMENTAL
MOVEMENTS, SPEED, AGILITY,
POWER, AEROBIC ENDURANCE
AND STRENGTH.**



ATHLETIC DEVELOPMENT TEAM SESSIONS

SERVICE

PRICE

10 X 1 HR ATHLETIC
DEVELOPMENT TEAM
SESSION

\$1,500

12 X 1 HR ATHLETIC
DEVELOPMENT TEAM
SESSION

\$1,800

15 X 1 HR ATHLETIC
DEVELOPMENT TEAM
SESSION

\$2,250

PLEASE NOTE A MINIMUM OF 10
SESSIONS IS MANDATED FOR U13 TIER
1 AND UP

ADDITIONAL SPORTS SCIENCE SERVICES

**PLEASE NOTE, ATHLETIC
DEVELOPMENT SESSIONS CAN ALSO
BE REDEEMED IN THE FORM OF TEAM
RECOVERY SESSIONS, NUTRITION
WORKSHOPS OR MENTAL SKILLS
SESSIONS.**



**PLEASE EMAIL OUR MANAGER OF
SPORTS SCIENCE, ERIKA VECCHIO
FOR MORE DETAILS ON THESE
PROGRAMS.**

REHABILITATIVE SERVICES

ST. ALBERT SOCCER ASSOCIATION IS
PROUD TO ANNOUNCE A NEW
PARTNERSHIP WITH MVMT PHYSIO &
CHIRO.



PLAYERS WILL HAVE ACCESS TO LICENSED
PROFESSIONALS WHO EXCEL IN INJURY
ASSESSMENT AND REHABILITATION. MVMT USES
A CLINICALLY VALIDATED APPROACH TO
REHABILITATION THAT WILL ALLOW PLAYERS TO
GET THE CORRECT DETAIL ORIENTED TREATMENT
IN ORDER TO GET BACK ON THE PITCH.

CONTACT

**FOR ANY QUESTIONS REGARDING THE
SPORTS SCIENCE PROGRAM PLEASE
EMAIL OUR MANAGER OF SPORTS
SCIENCE, ERIKA VECCHIO**

ERIKA@STALBERTSOCCER.COM

