**Next:1+ is Alaska Rush's premier technical development and fitness program for Adult soccer players in Anchorage, Alaska.** Both competitive and recreational players within the Alaskan adult soccer community can take advantage of this program to further develop their skills as can individuals who are looking just to enjoy themselves playing soccer in a fun, active environment. **Next:1+ is for everyone!!**

**The Mission of Next:1+:**
Next:1+ is Anchorage's premier technical development and fitness program for the adult competitive and recreational player. Through our commitment to excellence, players will develop individual technical skills by training in a high tempo, 1v.1 and small-group training environment, which is challenging, yet still an enjoyable and positive experience. Next:1+ is about giving players the tools to take their game to the next level and be the #1 player on the pitch!

**AGES**: Next:1+ is specifically designed for adults over 18 years old.

**DIVISIONS & SCHEDULES:**
(All sessions will be held on Saturdays at the Tanglewood Dome between mid-August and mid-May and at Lloyd Steele Park between mid-May and mid-August)

**- Adult**: (18+ years old as of August 1, 2012)
8:00 - 9:00 am

(Limited to 20 enrollments)

Alaska Rush Soccer Club staff will notify all Members of any changes to the schedule.

*-Please Note: Next:1+ will take hiatus from its twelve-month co-ed program during the scheduled weekend of the Alaska Airlines Cup, Alaska Youth Soccer State Cup, and the Saturdays after both the Christmas and New Year's holidays.*

**Attendance:**
Players are strongly encouraged to participate in continuous sessions within Next:1+ curriculum in order to get the full benefit of the training


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program. *A Member's class roster enrollment will be reserved for 45-day period should he/she wish to take a break from the class (upon written notice from the member or member's parents)*.

**Next:1+ Lead Coach**: Yeniel Bermudez, Alaska Rush Director of Elite Programs

**COST — Training Membership and Monthly Fee:**
Training Membership: $45 annual fee per player
Next:1+ Monthly Fee: $30 (4 training sessions per month)

Training Membership is required to participate in Next:1+. This fee is non-negotiable and must be paid in full before participation in Next:1+ begins.

**Training Membership includes**:

- Access to top-quality coaching through Next:1+
- An official Next:1+ t-shirt
- Exclusive use of all equipment

**Refund Policy:**
After a member has been registered in Next:1+, no refunds will be issued. Alaska Rush Soccer Club incur costs whether or not a player finishes the program.

Please contact the Alaska Rush Soccer Club office at 907-561-RUSH or e-mail Technical Director Jason Leonardis with any questions about Next:1+.

**REGISTER FOR NEXT:1+**


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