GK:1 Training is Alaska Rush's premier technical development program for youth soccer goalkeepers in Anchorage, Alaska.

The Mission of GK:1 Training:

To provide youth soccer goalkeepers, through our commitment to excellence, the opportunities to develop his/her individual technical goalkeeping skills, inspiring them to reach their fullest potential by placing them in a high tempo, small-group training environment, which is challenging, yet still an enjoyable and positive experience which promotes primarily the growth of the player and his/her individual technical goalkeeping skills. This will be done by coinciding the GK:1 Training sessions with Alaska Rush's Saturday Morning Shooting sessions in order to give the goalkeepers a more realistic training environment.

AGES: GK:1 Training is specifically designed for youth goalkeepers aged U10 - U19.

DIVISIONS & SCHEDULES:

(All sessions will be held on Saturdays at the Fox Hollow Dome between October and mid-May and at Lloyd Steele Park between mid-May and September, unless otherwise noted)

- Seniors: (U16 - U19 as of 1 Sep 13)

8:00 - 9:00 am

(Limited to 8 enrollments)

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- Juniors: (U13 - U15 as of 1 Sep 13)

9:00 - 10:00 am

(Limited to 8 enrollments)

- Youth: (U10 - U12 as of 1 Sep 13)

10:00 - 11:00 am

(Limited to 8 enrollments)

Please Note: *The above schedule will go into effect October 5, 2013.*

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

Attendance:

Players are strongly encouraged to participate in continuous sessions within GK:1 Training curriculum in order to get the full benefit of the training 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).*

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

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LEAD COACH: Eric Court, Alaska Rush Director of Player Development U11-U14

COST — Annual Membership and Monthly Fee:

Training Membership: $75 annual fee per player

GK:1 Training Monthly Fee: $50 (4 training sessions per month)

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

Please Note: *For families of the Alaska Rush community with at least two children enrolled in GK:1 Training or any Elite Program, each additional child registering thereafter will receive a 50% discount on their Training Membership and $30 off the Monthly Fee of a third Elite Program.*

For individual Members of the Alaska Rush community registered in GK:1 Training and at least two additional Elite Programs, said Member will receive a 50% discount on their third Training Membership and $30 off the Monthly Fee of a third Elite Program.

Training Membership includes:

- Access to top-quality coaching through GK:1 Training
- An official GK:1 Goalkeeping Training Kit (Socks, Shorts & Shirt)
- Exclusive use of all equipment

Refund Policy:

After a member has been registered in GK:1 Training, 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 GK:1 Training.

REGISTER FOR GK:1 Training

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