

Dress Comfortably and join us for a "light" workout and relaxation session with the newest members of our Training Team. Greg, Teri and Herman will allow you to sample the experience that we will be providing to our Lynx/FC players this spring.

Afterwards, mingle with the other parents and soccer trainers over some Red Wine/Killian's Red and some tasty hors d'oeuvres.

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Fitness Trainer

Greg Delsignore is currently a coach with the nationally recognized Journeymen Wrestling Club. He has brought their premier conditioning program to our athletes and opened Xcel fitness by using TRX suspension training.



Fitness Trainer

Teri Delsignore is a graduate of Cortland State and is currently working as a physical education teacher at Oliver Winch Middle School in South Glens Falls. She co-owns Xcel fitness with her husband.



Sports Psychologist

Herman Johnson is the area's "original" sports psychologist. He will help our players perform at the next level by establishing goals, as well as using relaxation techniques and Guided Imagery. Herman is the owner of CerebralSports.

Friday February 28, 2014 7:30-9:00pm \$10/PP

Red Card Event

Hosted by the



ADIRONDACK LYNX
FEMALE SOCCER ACADEMY



ADIRONDACK FC
BOYS SOCCER ACADEMY



Proceeds to Benefit the South High Marathon Dance