



Cap City Futbol Club- Winter Training @ Robert Frost

Capital City Futbol Club was formed to provide a competitive opportunity for the growth and education of committed soccer players within Central Ohio. We will provide an environment for fun, discipline, personal growth and character building, through a well-organized, transparent club.

Who?

3rd, 4th and 5th grade boys and girls are invited to attend.

When?

Wednesday nights @ Robert Frost Elementary Gym: 6-7pm

Winter Training runs each Wednesday night from January 30th through March 20th

What?

Soccer skills training, futsal as well as strength and conditioning training. Licensed coaches will be on hand to ensure age-appropriate training is provided.

What does my child need to bring?

Tennis shoes and a bottle of water.

** \$5 per child, per night **

For Questions or to RSVP- please contact Adam Ross @ arossemail@yahoo.com