



N218 Stoney Brook Rd. Appleton, WI 54915
(Conveniently located inside of Soccer Heaven at Highway 441 and Calumet)

Dear Athletes, Parents and Coaches:

We hope this letter finds you and your family enjoying the winter holiday and everything that comes with it. The beginning of the year is always a time to start something new, get back into something that you've been away from or continue what you've been doing. That couldn't hold any truer with training. It's a great time to get ready for that spring sport that is just around the corner or that fall sport that will once again be here before you know it.

As all or most of you probably know by now, my husband Justin and I are expecting our first baby on December 12th. Considering it's already past that date, I'm hoping that he's already here and everything went well. When he arrives, I am planning on taking six weeks away from SPA, at which time; Eric will be holding the fort down. Gregg Bolwerk, with Solospike, will be assisting Eric with the training as needed as well as Rudy, who was our part-time trainer this past summer. The three of them will do an excellent job while I am away!!

With our winter 2009 cycle ending on December 18th, we will again have some hours between that date and the start of the next cycle for make-up times. Anyone who missed any workouts or is signed up for this cycle is free to come to any of the following make-up sessions:

Monday, Dec. 21st and Tuesday, Dec. 22nd-**3-6pm**
Wednesday, Dec. 23rd through Sunday, Dec. 27th-**CLOSED**
Monday, Dec. 28th through Wednesday, Dec. 30th-**12-6pm**
Thursday, Dec. 31st through Sunday, Jan. 3rd-**CLOSED**
January 4th, 2010-NEW CYCLE BEGINS!!

Our next training cycle starts on January 4th and runs for 10 weeks through March 12th, 2009. Once again we will be holding make-up workout times during the cycle which are held every Friday from 3:30-4:30pm as well as Sundays from 1-2pm, 2-3pm OR 3-4pm.

This cycle always tends to be busy so please sign up early and as always, if you have any questions, please feel free to contact us!

Sincerely,

Amber Van Allen
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