

Fall Club Prep 2026

For girls grades 6 – 11

Want to try out for a Rapids Rep Team? On a Rep team but want to get more touches? Getting ready for your school team? Club Prep is designed to give you the experience you need!! The focus is on technical excellence, movement to the ball, simple systems work and aggressive play.

Club Prep will consist of skill development and some informal game play within the 1.5 hour practice session.

Skill Development will consist of innovative teaching and precise skill feedback. Athletes should be prepared to work hard and be able to make skill adjustments quickly. Focus is essential to developing skill.

Game play will be part of the practice session. The focus will be on utilizing the skills learned during the session with an emphasis on learning how to compete.

Fall Session – Tuesday Night Club Prep - beginner/intermediate/advanced

- Club Prep Night – Tuesday nights 7:15- 8:45pm
- Start date – Tuesday, September 22, 2026 for 11 weeks.
- Location: Central Niagara
- Cost: \$360.00
- Registration link for Tuesday - <https://forms.gle/i5qb478A4zquvsZz9>

Fall Session – Monday Night Club Prep – intermediate/advance

- Club Prep Night – Monday Nights 7:00-8:30pm
- Start date – Monday, September 21, 2026 for 11 weeks.
- Location: TBD
- Cost: \$360.00
- Registration link for Monday - <https://forms.gle/qzJ5Nsjr8qcecmKM6>

Head Coach Beth Schulz – Enjoys developing talent!! Club Prep is an opportunity to build both technical skill and practice habits to help athletes succeed.

Head Coach Scott Young – Has a passion for teaching and encouraging athletes!! His style of coaching instills confidence as well as skill.

Questions contact: Coach Beth Schulz: schulzy2@sympatico.ca