

GIVE YOUR CHILD THE BEST START INTO FOOTBALL



CHARTER STANDARD
COMMUNITY CLUB

LOASS S.A.Q.

The ultimate football skill and
conditioning program

For boys and girls from ages 7 to 11

Every Wednesday
@ Bluehouse Field,
Chingford, E4 6HS.
6pm and 7.15pm



£5 PER SESSION!
Starting Wednesday 1st June

SAQ training is an acronym for
Speed Agility and Quickness
training

SAQ is a system of training aimed
at developing the control of body
movement and the athlete's ability
to perform explosive multi-
directional movements.

Sessions delivered by:

Gavin Prince
*Football Level 2, Youth Module 3
& Futsal 1*

Jamie Grange
*Masters Degree in Strength &
Conditioning
Ex Leyton Orient FC Academy S&C
Coach*

For more information call Gavin Prince on: 07967 239 103



@loassfc