SPRING 2024 GUIDE



YOUTH & ADULT

* PARTIES * CLINICS * LEAGUES *

SOCCER - LACROSSE - FIELD HOCKEY - FOOTBALL - RECREATION SPORTS
732-681-8898 • 2903 Hwy. 138, Wall, NJ 07719
ONLINE REGISTRATION
www.GOODSPORTSUSA.com



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ADULT SOCCER LEAGUES

LEAGUE HIGHLIGHTS:

- · Beautiful indoor climate controlled NEW turf fields
- · Games are 47 minutes with running time
- · Standings & schedules posted on our website
- · Multiple divisions for competitive games (when possible)
- · Individual players can join free agent list online
- · Shirts provided by Goodsports

MENS OPEN 7V7 LEAGUE

Dates Starts February 28th & 29th

Time Games between 6:30pm-11:30pm **Day** Thursday w/ overflow Wednesday

PLAYED IN THE BUBBLE • GUARANTEED 9 SCHEDULED GAMES

TEAM FEE \$1395

+\$20 REF FEES PER TEAM PER GAM

MENS OVER 30 7V7 LEAGUE GOALIES CAN BE UNDER 30 YEARS

Dates Starts March 5th & 7th

Time Games between 6:30pm-11:30pm
Tuesdays w/ overflow Wednesday
PLAYED IN THE BUBBLE • GUARANTEED 9 SCHEDULED GAMES

ween 6:30pm-11:30pm +\$20 REF FEES PER TEAM PER GAME v/ overflow Wednesday

MENS OVER 40 7V7 LEAGUE GOALIES CAN BE UNDER 40 YEARS

Dates StartsMarch 5th & 7th

Time Games between 6:30pm-11:30pm **Dav** Tuesdays w/ overflow Wednesday

PLAYED IN THE BUBBLE • GUARANTEED 9 SCHEDULED GAMES

TEAM FEE \$1395

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Dates Starts February 19th & 21st

Time Games between 6:30pm-11:00pm

Day Mondays & Wednesdays

PLAYED ON THE GREEN INDOOR TURF • GUARANTEED 9 SCHEDULED GAMES

ADULT CO-ED 6V6 LEAGUE

(2 of the 6 players on the field MUST be female)

Dates Starts March 3rd & 5th

Time/Day Sunday games between 12:00pm-11:00pm **Overflow** Tuesday games start at 7:00pm

PLAYED ON THE GREEN INDOOR TURF • GUARANTEED 9 SCHEDULED GAMES

ADULT SOCCER LEAGUE WINNERS

IST PLACE: Champion Shirts & \$200 certificate 2ND PLACE: \$100 certificate

TO REGISTER A TEAM: A \$100 NON-REFUNDABLE deposit & completed "team registration" MUST be submitted online. NO VERBAL REGISTRATIONS! All league fees MUST be paid in full by the 1st game.

Submitted uminie. No vendal registrations: An league lees most be paid in full by life ist game.

LEARN FROM THE BEST COACHES AT THE JERSEY SHORE!

Soccer Specific Training

College players, coaches and SST Soccer Trainers

DIRECTOR MIKE TURTLE - Owner SST & Former Pro-Player USSF Certified coaches will be working with the children. No volunteers will be used.

www.soccerspecifictraining.com

DESIGNED FOR THE BEGINNER PLAYER 8 WEEK CLINIC • 1 HOUR SESSIONS • BRING A SIZE 4 BALL

4 TO 6 YEAR OLD BOYS & GIRLS

Entry level technical skill development with focus on passing, receiving, shooting & dribbling

7 TO 10 YEAR OLD BOYS & GIRLS

Taking your technical & tactical skill to the next level with emphasis on game fundamentals

Day/Dates Fridays • March 22nd - May 17th (No Session 3/29)

Time/Age 4:30pm - 4-6 Year Old Boys & Girls

5:30pm - 7-10 Year Old Boys & Girls

PER PLAYER/ PER SESSION



VAUESOODERURVA

SEMI-PRIVATE TRAINING FOR TRAVEL FIELD PLAYERS

REGISTRATION / QUESTIONS CONTACT: MIKE TURTLE. SST OWNER

SOCCERSPECIFICTRAINING@GMAIL.COM • 732-500-4164 • WWW.SSTNJ.COM



Soccer Specific Training EST. 2009



ONE DAY Tournaments

Day	Date	Times	Ages	Birth Year	Field
Friday	2/9	6:15pm-9:45pm	U12G	2012	Green
Saturday	2/10	10:15am-1:45pm	U8B	2016	Green
		2:15pm-5:45pm	U11B	2013	Green
		6:15pm-9:45pm	U14G	2010	Green
Friday	2/16	6:15pm-9:45pm	U16G	2008	Green
	200000000000000000000000000000000000000	6:30pm-10:00pm	U14B	2010	Bubble
Saturday	2/17	10:15am-1:45pm	U9B	2015	Green
		2:15pm-5:45pm	U12B	2012	Green
		6:15pm-9:45pm	U13G	2011	Green
Monday	2/19	12:30pm-4:00pm	U10G	2014	Bubble
Friday	2/23	6:15pm-9:45pm	U15B	2009	Green
		6:30pm-10:00pm	U10B	2014	Bubble
Saturday	2/24	10:15am-1:45pm	U11B	2013	Green
		2:15pm-5:45pm	U9B	2015	Green
		6:15pm-9:45pm	U15G	2009	Green
Friday	3/1	6:15pm-9:45pm	U13B	2011	Green
		6:30pm-10:00pm	U17B	2007	Bubble
Saturday	3/2	10:15am-1:45pm	U10B	2014	Green
-		2:15pm-5:45pm	U9G	2015	Green
		6:15pm-9:45pm	U14B	2010	Green
Friday	3/8	6:15pm-9:45pm	U14G	2010	Green
		6:30pm-10:00pm	U16G	2008	Bubble
Saturday	3/9	10:15am-1:45pm	U15B	2009	Green
		2:15pm-5:45pm	U12B	2012	Green
		6:15pm-9:45pm	U13G	2011	Green
Friday	3/15	6:15pm-9:45pm	U12G	2012	Green
		6:30pm-10:00pm	U17G	2007	Bubble
Saturday	3/16	10:15am-1:45pm	U8B	2016	Green
		2:15pm-5:45pm	U10B	2014	Green
		6:15pm-9:45pm	U11B	2013	Green
Friday	3/22	6:15pm-9:45pm	U13B	2011	Green
-		6:30pm-10:00pm	U16B	2008	Bubble
Saturday	3/23	9:00am-12:30pm	U17B	2007	Bubble
		1:30pm-5:00pm	U11G	2013	Bubble
		9:30am-1:00pm	U8G	2016	Green
		2:00pm-5:30pm	U11G	2013	Green
Sunday	3/24	9:00am-12:30pm	U10G	2014	Bubble
		1:30pm-5:00pm	U9G	2015	Bubble



+ \$30 REF FEES FOR ENTIRE TOURNAMENT

- Tournaments are played in the bubble & green turf
- U8-U12 plays 8v8 / U13 & up plays 7v7
- · Only 4 teams per tournament
- Tournaments are played in a 3.5 hour time frame
- All teams guaranteed (3) 25 minute games + finals if your team advances
- Higher level teams can play up an age group
- Winning team receives awards!
- Only 2 spectators per player permitted to avoid over crowding
- Ref fee to be paid in cash on day of tournament
- Registration must be paid in full at time of registration. No refunds.

INTERESTED IN HOSTING YOUR OWN TOURNAMENT? CALL TODAY!

"BOX" LACROSSE LEAGUES

FAST PACED ACTION ON THE NEW TURF ARENA WITH BOARDS! A GREAT WAY TO SHARPEN YOUR SKILLS & HAVE FUN DOING IT!

- All levels, teams & individuals welcome
- Music and scorekeeper at every game
- FREE league pinnie
- League standings posted on website
- 30 second shot clocks displayed at the ends of field
- "Box" lacrosse is a more flowing game
- Games scheduled on 50 minute time slots
- Played 6v6 (5 field players + goalie)
- Guaranteed 7 games scheduled
- NO drop-ins! Players must register for the entire season to participate

PLAYERS CANNOT PLAY ON 2 TEAMS - UNLESS PLAYER IS A GOALIE

- <u>Full equipment needed</u>: stick (no long poles), gloves, helmet with mask, elbow pads, rib protector, shoulder pads, cup/supporter, cleats or sneakers. Goalies need full gear.
- All players will be required to pay an additional fee to cover referee fees each game.
- NO DROP-INS Must register for a full season to be placed on a team

MENS BOX LEAGUE

Dates Winter II: February 14th Spring: April 3rd

Time Games between 7:00pm-11:00pm

Day Wednesdays

Field NEW Turf Arena - FAST PACED ACTON WITH BOARDS

Ages Must be 18+ to play in this league

PER PLAYER/ PER SESSION +\$50 REF FEES PER TEAM PER GAME

> *GOALIES - FREE! cannot play the field & need own equipment

PLEASE SUPPORT OUR SPONSORS











DIVISION OF ORTHONJ





NTRODUCTION TO LACROS

"FOR THE TOTAL BEGINNER"

• 8 week clinic - NO equipment required - Just bring a stick

• Beginner level only - Separated by grade, ability & gender

PFR PI AYFR/

AGE/TIME: 5:30-6:30 • K-4TH • BOYS & GIRLS

6:30-7:30 • 5TH-10TH • BOYS & GIRLS

DAY: THURSDAYS • 7 WEEK PROGRAM

DATES: 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9

Fundamental beginner level clinic that helps children break into the game of lacrosse

• Learn skills such as catching, throwing, cradling, shooting and passing

• Skills will be applied in game-like situations during practice

• 1 hour class consists of: skills & drills, game-like situations, learning positions, understanding the rules & HAVING FUN!

Practice in our climate controlled facility

• For safety this will be a NO CONTACT clinic. Soft lacrosse balls will be used.

Experienced coaches will be provided

• Clinic will help to build self confidence, a sense of teamwork & encourages hand-eye coordination

LACROSSE SKILLS & SCRIMMAGES

APPLYING FUNDAMENTAL SKILLS TO SMALL SIDED GAMES DESIGNED FOR PLAYERS WITH CLINIC EXPERIENCE BUT LIMITED LEAGUE EXPERIENCE.

DATES: 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7

DAY: TUESDAYS • 8 WEEK PROGRAM

AGE/TIME: 5:30-6:30 PM • 5TH-10TH GRADE • GIRLS & BOYS

Separated by grade, ability & gender FULL EQUIPMENT NEEDED.

This program will put basic skills into motion during small sided games to prepare

players for league play. Skills practiced are ground balls, cradling, catching and throwing.

• 15 min. of drills & fundamentals / 45 min. of small sided game experience

• Non-competitive & fun learning atmosphere

Girls & Boys will be split into separate groups

We reserve the right to adjust any age group, start date, or time.







PER PLAYER/ PER SESSION

WOMENS OPEN FIELD HOCKEY LEAGUE

Played on beautiful, indoor, climate controlled turf field!

Dates Starts March 7th

Time Games between 6:30pm-10:00pm

Day Thursdays

• League play is 7v7 (6 field players + goalie)

- Teams must have a minimum of 9 players
- All leagues guaranteed 9 scheduled games
- Teams play 47 minute games with running time
- Standings & schedules posted on website



PFR PI ΔYFR

+\$40 RFF FFFS PFR TFAM PFR GAME

THE REF FEES WILL BE DIVIDED BY NUMBER OF PLAYERS ON THE TEAM

YOUTH 6TH-8TH GRADE LEAGUE

Played on indoor, climate controlled green turf field!

7V7 (6 FIELD PLAYERS + GOALIE) MINIMUM OF 9 PLAYERS PER TEAM

Dates Starts February 26th & 29th

Days Monday Nights w/ overflow on Thursdays (if needed)

Times Games between 4:50pm-7:30pm

- League play is 7v7 (6 field players + goalie)
- Teams must have a minimum of 9 players
- Teams play 47 minute games with running time
- Standings & schedules posted on website
- Guaranteed 7 scheduled games



+\$40 RFF FFFS PFR TFAM PFR GAME

INTRODUCTION TO FIELD HOCKEY

FIELD HOCKEY 101

Dates 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6

Time 5:30pm-6:30pm

Day Mondays

Ages 3rd-10th grade girls

8 WEEK CLINIC • FOR THE BEGINNER PLAYER • SPLIT BY AGE

This class is designed for the beginner player to learn the basic fundamentals of the game. Emphasis for the younger players is to have FUN while learning the sport in a non-competitive environment.

This program will focus on: Dribbling, Dodging, Tackling, Stopping

REQUIRED EQUIPMENT: Stick, Goggles, Mouth Piece, Shin Guards, Cleats or Sneakers This program is coordinated by local coaches and former college players.

YOUTH FIELD HOCKEY SKILLS & SCRIMMAGES

This program is designed for players with clinic experience but limited league experience.

8 Week Instructional League • GOALIES ARE WELCOME!

Dates 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8

Time 6:30pm-7:30pm **Day** Wednesdays

Ages 5th-10th grade girls - split up by age

Players must have some field hockey experience.

\$192 PER PLAYER

LIMITED SPOTS

AVAILABLE!

REQUIRED EQUIPMENT: Stick, Goggles, Mouth Piece, Shin Guards, Cleats or Sneakers

The instructional league is a great way to learn or improve your game. Each week there will be instruction and then players will be split into teams for instructional scrimmage game play. Register with teammates, friends or on your own.

Skills & Scrimmages instructors will be former college players. Learn from the best!

ADVANCED FIELD HOCKEY & FITNESS TRAINING

8 WEEKS • WITH EVOLVE SPEED & AGILITY TRAINING NOT for the beginner player. *ONLY ACCEPTING THE FIRST 24 PLAYERS

Dates 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6

Time 6:30pm-7:30pm

Day Mondays

Ages 6th-12th grade girls

 High level training sessions specifically designed to improve all aspects of your game within your own age group & competitive level

 Players will split their time working on field hockey specific skills & with a personal trainer from Evolve Fit on their speed, agility & overall fitness.

• Focus on technical training combined with small sided games



\$192

PFR PI AYFR



FOOTBALL ACADEMY

OUR17th YEAR RUNNING!

Camp has sold out for 14 straight years! Sign up early!

DIRECTOR: COACH FRED SPRENGEL

- GoodSports football academy director since 2007
- 32 years experience at High School & Collegiate levels
- · High school head coach for 11 years
- · 6 state playoff appearances & 3 trips to finals
- 2003 Central Jersey Group IV State Champs Brick Memorial H.S.
- · Works year round w/ local youth & high school QB's individual skills

ACADEMY STAFF: College players & current & former high school coaches

8 WEEK SKILLS TRAINING CAMP • SIGN UP TODAY!

Tuesdays • 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7

PER PLAYER

HIGHLIGHTS:

- · Players MUST have at least 1 season of football experience
- · Academy run on our beautiful indoor climate controlled turf field
- · Players must wear athletic attire, cleats preferred, or sneakers
- Based on grade entering in 2024/2025 school year- NO Exceptions.

All campers (QB & Receivers) MUST bring their own size appropriate ball with name on it.

YOUTH QUARTERBACK & RECEIVER CAMP

- · Learn, practice, develop fundamentals & skills by repetition & drills
- This camp is open to quarterbacks & receivers DO NOT need to register as a pair.

We will be accepting the 1st 16 quarterbacks & 1st 16 receivers that register.

Age: Players entering 6th-8th grade in Sept. 2024

Time: 5:15pm-6:30pm

HIGH SCHOOL QB / RECEIVER BUDDY CAMP

Only Accepting 16 pairs.

MUST register as a pair for Buddy Camp

- QB & Receivers learn, practice, develop fundamentals & skills both individually and together
- · Designed to build a sense of chemistry as teammates
- Only registered players can attend the camp. You cannot come as a substitute.

Age: Players entering 9th-12th grade in Sept. 2024

Time: 6:30pm-7:45pm

MENS GV6 FLAG FOOTBALL LEAGUE

6v6 league plays with 1 eligible linemen

Traditional flag football setup focus more on skill positions

Dates Starts March 3rd & 4th Time 6:30pm-11:30pm

Dav Mondays Nights & Sundays (overflow)

- Games are 22 minute halves
- Played on the the bubble turf
- Guaranteed 9 games scheduled
- Free shirts provided by Goodsports
- Individual players can join free agent list online
- Max roster size of 12



TO REGISTER A TEAM: A \$100 NON-REFUNDABLE deposit & completed "team registration" MUST be submitted online. NO VERBAL REGISTRATIONS! All league fees MUST be paid in full by the 1st game.

YOUTH REC SPORTS SAMP

KEEP YOUR KIDS ACTIVE!

Dates 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9

Time 5:15pm-6:15pm Day **Thursdays**

7-9* year old group / 10-12* year old group *Age groups subject to Age

change

Boys & Girls combined

SPORTS PLAYED: SOCCER, DODGEBALL, FLAG FOOTBALL, KICKBALL, SOFT HOCKEY

- Players will play 1 or 2 sports each night
- 8 week program
- Players will be grouped into teams that will play against each other
- Played on our indoor NEW turf arena
- GoodSports will provide staff to organize and ref the program

LIMITED SPOTS AVAILABLE - SIGN UP TODAY!

ONLY ACCEPTING 20 PLAYERS

INTRO TO BASEBALL CLINIC

CLINIC HIGHLIGHTS:

• Played on indoor climate controlled turf field

· Designed for the total beginner player

· All you need to bring is a glove!

· 8 week clinic

- Clinic aims to teach kids the basics to baseball.
- Different topics and activities each week

Dates 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8

Day WednesdaysTime 5:15-6:15pmAges K - 4th Grade



TURF RENTALS

PRIVATE TRAINING • TEAM TRAINING ALL SPORTS WELCOME

BOOK TODAY, THE NICEST INDOOR TURF FIELDS IN THE STATE!

* CLIMATE CONTROLLED * SAFE & CLEAN *

* FULL & HALF FIELD AVAILABLE * 1ST COME - 1ST SERVE BASIS *

Contact Danny Pepe for details 732-681-8898 dpepe@goodsportsusa.com

WWW.GOODSPORTSUSA.COM

HOMESCHOOL GYM CLASSES

FOCUS: FOR CHILDREN AGES 5-17 YEARS TO BECOME MORE PHYSICALLY FIT AND TO MEET NEW FRIENDS

HOMESCHOOL GYM CLASS HIGHLIGHTS:

- Classes are held in our beautiful, climate controlled, indoor facility & outdoor areas (weather permitting)
- · A safe and fun environment with our friendly, professional staff
- Open snack bar for food and drinks
- Snack bar for parents & siblings during each class
- · Rotate through sports in 20 min. intervals, playing different activities in each station
- · Non-competitive sports fun with structure & limited instruction
- 1 to 2 counselors per group
- · 4 fun sports played each day
- 7 week sessions!

KICKBALL • DODGEBALL • BASKETBALL • RELAY RACES WIFFLE BALL • SOFT HOCKEY • FLAG FOOTBALL • SOCCER

7 WEEK SESSIONS • TUESDAYS • 11AM-1PM

SESSION 1: 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14

SESSION 2: 11/21, 11/28, 12/5, 12/12, 12/19, 1/2, 1/9 NO CLASS ON 12/26

SESSION 3: 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27

SESSION 4: 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23 NO CLASS ON 4/2

CO-ED AGE GROUPS: EACH GROUP IS LIMITED TO THE 1ST 20 CHILDREN

5-7 YEARS • 8-9 YEARS • 10-12 YEARS • 13-17 YEARS

CLASS FEES:

1ST CHILD \$133

2ND CHILD \$105

3RD CHILD \$77

ADDITIONAL SIBLINGS \$70 PER CHILD

(MUST RESIDE IN THE SAME HOUSEHOLD)



SIGN UP TODAY!



REGISTER ONLINE FOR HOMESCHOOL GYM CLASSES: WWW.GOODSPORTSUSA.COM

ONLINE REGISTRATION - WWW.GOODSPORTSUSA.COM 732-681-8898

PG. 13

"NO SCHOOL FUN DAYS"

WHEN SCHOOL IS CLOSED... GOODSPORTS IS OPEN! SIGN UP FOR A DAY OF FUN.





GAMES * ARTS & CRAFTS * SPORTS

AGE GROUPS

1st to 8th Grade

**Pre-K & Kindergarten aged children can attend Little Dreamer's Play Cafe Fun Days, Visit: www.LittleDreamersPlayCafe.com for more info.

2023-2024 FUN DAYS

- NJ TEACHERS CONVENTION: November 9 & 10
- WINTER RECESS: December 26, 27, 28, 29
- MARTIN LUTHER KING JR. DAY: January 15

PRESIDENTS DAY: February 19 SPRING RECESS: April 1, 2, 3, 4, 5

TIMES/FEES

7:30am-5:30pm \$90 per child FULL DAY: HALF DAY AM: 7:30am-12:30pm \$70 per child **HALF DAY PM:** 12:30pm-5:30pm Must pay in full at time of registration. *10% off ~ Sibling Registration

HIGHLIGHTS

- Safe & fun environment
- Groups are co-ed & separated by grade
- Low staff to child ratio
- Friendly and professional staff
- Many staff members from summer camp
- Non-competitive sports
- Fun with structure and instruction
- · Lots of games for all day fun
- Arts and crafts
- Open snack bar for food and drinks or bring a brown bag lunch
- Lunch special \$7 (To be paid in cash the day of) Includes: entree, side, bag of chips & drink



SUMMER POOL CLUB

"The best kept secret in town!"



CLUB MEMBERSHIPS (SWIM LESSONS



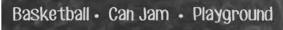
"BACKYARD ACTIVITIES"

Club memberships will include our "backyard activities". Activities will be offered





on designated days and times all summer long! Every effort will be made to bring the pool member community together by running fun activities.





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JOIN TODAY

GOODSPORTSUSA.com

LIMITED POOL CLUB MEMBERSHIPS ISSUED
ONLINE REGISTRATION AVAILABLE



Just bring cake & goodie bags, let us do the rest!

HASSLE FREE * 3 GREAT PARTY ROOMS * TRAINED STAFF

1st hour is for sports or swimming.

Last 1/2 hour is for celebrating
in our party room with pizza & cake!

Book today and pick up your free party invites!

2903 HWY 138, WALL, NJ 07719 • 732-681-8898 • www.GOODSPORTSUSA.com