



Tenafly Recreation presents  
**TECHNICAL, STRENGTH & CONDITIONING TRAINING**  
**SPRING 2015**



Instruction provided by Best11Soccer (Description in the back)

Best11Soccer provides individualized training in a group setting to achieve peak technical and athletic potential for players of all levels in a fun-filled environment. Call 646-395-8218 for more information.

**Class Details:**

- Open to boys and girls ages 7 - 13
- 10 sessions held on Saturdays, April 18, 25, May 2, 9, 16, 30, June 6, 13, 20, 27
- The fee is \$245 for Tenafly residents and \$367.50 for non-residents
- Location: Tenafly Soccer Cage (Northwest Corner of Tenafly Rd. & Riveredge Rd.)

<b><u>TIMES</u></b>	<b><u>Ages</u></b>	<b><u>EQUIPMENT NEEDED</u></b>
9:00am - 10:15am	11 - 13	Shin guards, water
10:15am - 11:30am	7 - 10	Shin guards, water

**SOCCER REGISTRATION Spring 2015**

Participant Name \_\_\_\_\_ Current Club (optional) \_\_\_\_\_

Address \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ Parent E-Mail \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone \_\_\_\_\_

Special Medical Information: \_\_\_\_\_

**Fee: \$245 (Tenafly resident); \$367.50 (Non-resident)**

**Please mail form and check made payable to:  
 Tenafly Recreation, 100 Riveredge Road, Tenafly, New Jersey 07670**

I, the undersigned Parent/Guardian of the above- named applicant, do hereby give my permission for myself, or him/her to participate in this specific Tenafly Recreation Commission sponsored activity.

I do assume all risks and hazards incidental to this trip, activity and transportation and do further hereby release, absolve and hold harmless the Borough of Tenafly, Tenafly Recreation Commission, its agents, instructors and coaches, any or all of them.

I do further understand that accident insurance for this activity, is not provided by the Borough of Tenafly or the Tenafly Recreation Board.

I hereby fully consent to emergency medical care to be rendered by competent medical physicians in the event that I or the above-named applicant should require such attention while participating in this activity.

Parent/Guardian Name (Print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# **BEST 11 SOCCER**

## **Youth Mission**

Provide individualized training to achieve peak technical and athletic potential through coordination, decision-making, strength and conditioning drills. The training incorporates techniques and routines developed over 25 years of combined experience of the Duka brothers that are conducive to success at the youth club, high school, academy, collegiate, national team and pro club levels.



## **Trainer Bios**

**ARGJENT DUKA** - Argjent has been successful training and developing individual players at the youth, college and professional levels. Argjent's trainees currently play and excel at the Academy and elite youth levels in various clubs in the Northeast. He also trains MLS first team players from clubs such as New York Red Bulls, Columbus Crew and Montreal Impact in the league's off season to sharpen technical and tactical skills, as well as improve strength and fitness in preparation for the next season. Argjent's proven age-appropriate training methods for U-7s up to first team professional players have resulted in trainees achieving high technical proficiency, creativity and comfort in possession at their respective age groups.

### Playing History:

- Icon FC (2013) which won the 2013 USASA Region 1 National Cup and qualified for the 2013 Lamar Hunt U.S. Open Cup
- Tied for third place in goals scored for the 2013 Lamar Hunt .U.S. Open Cup
- GSSL league-leading goal scorer in 2013
- Member of the Montclair State University Men's Soccer team (2006-07), which finished 1st place in NJAC
- World Class FC and member of the 2003 Olympic Development Program NJ State Team

**DILLY DUKA** - Dilly is a seasoned MLS veteran having played for Columbus Crew and Chicago Fire. He is currently a starting midfielder for Montreal Impact. In 2015, Dilly has been a difference maker for Montreal in the CONCACAF Champions League scoring a brace in the first leg of the quarter finals. In past CONCACAFs, Dilly played five games in 2010 and 2011 with Columbus Crew. At the international level, he was a member of the U20 and U23 US national team, notably playing in the U20 World Cup in 2009 for the US in Egypt, in which he scored the third goal in the team's 4-1 win over Cameroon. Dilly is a native of Montville, New Jersey and played at Montville Township High School and college soccer at Rutgers University. During his time at Rutgers, he led the team in scoring and was a 2008 All-Big East selection.