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Global sports academy

GSA stands out due to its emphasis on connection and empathy. They stress that it's a collaborative effort between parents and players, which is crucial for a positive experience and development. At GSA, soccer isn't just about winning, but about expressing oneself creatively and enjoying the game. Their team of experienced coaches, who are also licensed and former college coaches, understand the challenges faced by both players and parents. Tryouts for competitive teams will take place on June 2-4 at designated locations. All registered players must attend tryouts to be considered for team placement. The schedules for tryouts are as follows: * Centennial HS: + U14 Boys & U16, U17, U19 Girls: 9-10:30 AM + U13, U14, U15 Girls: 11-12:30 PM * Middleton HS: + U9 & U10 Boys & Girls, U12 Boys: 5-6:30 PM + U11 Boys & Girls, U12 Girls, U13 Boys: 7-8:30 PM GSA has three competitive team levels: GSA (Competitive), GSA Pre-Elite (Advanced Competitive), and GSA Elite (Highly Competitive/Travel). Team placement is based on skill level, commitment, and coach evaluation. The program includes players from U9 to U18 age groups. The season is divided into two parts: * June: Camp/Academy training * August-October: League play * March-May: League play Off-season activities include futsal, indoor leagues, Home Training Program, and fun-focused training from November to February. The teams train at various locations in Middleton, Idaho. Games are played at Simplot Sports Complex, Willow Creek Turf Field, and Middleton High School. Uniforms consist of a black jersey, shorts, socks, green jersey, shorts, socks, and custom training tops and shorts. GSA's approach to development focuses on holistic growth, including technique, athleticism, tactical sophistication, creativity, nutrition education, mindfulness and meditation, growth mindset practices, positive encouragement and resilience building, and challenging but fun environments. The program aims to develop confident, self-aware, and well-rounded young athletes. GSA supports multi-sport athletes, but players are expected to continue their soccer growth by attending training when possible, working with the ball at home, and watching soccer. Parents should communicate conflicts in advance and allow their child to self-advocate and learn through experience. If a conflict arises with a coach or playing time or position concerns, GSA encourages players to speak directly with coaches. Parents can help by coaching their child on how to approach the conversation, rather than stepping in. Players of this age may require more involvement in communications to learn and build confidence. Teams are formed after June tryouts, considering player evaluation, technical skills, physical attributes, mental preparation, and overall fit with the team's philosophy. Team assignments last for the full seasonal year. College placement is a complex process involving tracking, college matching, showcasing opportunities, and financial considerations. GSA College Advisors work closely with players and families to guide them through this process. The article starts by listing supported browsers in their Help Center and providing contact information for Global Sport Academy. It then encourages readers who are interested in becoming personal trainers to consider enrolling in a course to learn about proper exercise selection, programming, nutrition planning, and supplementation to maximize results. The importance of obtaining knowledge that can help shape one's own physique as well as that of clients is stressed. The article also advises readers to choose a training course carefully, suggesting they compare offers and consider the qualifications and experience of the instructor. A diploma from an accredited institution with European recognition (e.g., eREPS or Polish Association of Personal Trainers) is seen as valuable in securing employment. The text highlights the importance of accreditation and conformity with national regulations (and EU regulations if planning to work abroad). It mentions that organizations like EuropeActive, represented by the Polish Association of Personal Trainers, ensure a unified system of education and accreditation across the European Union. This guarantee ensures that training courses in Poland have the same value as those in other EU countries. Finally, the article emphasizes the importance of continuous learning and professional development for personal trainers, suggesting that they stay up-to-date with trends and research to maintain their skills. Looking to stay up-to-date with the latest research in nutrition, psychology, and training methods as well as supplementation techniques can help you adapt to changes and incorporate new approaches into your personal training sessions, ultimately leading to better results for your clients. As a future personal trainer, it's also essential to develop a solid foundation in business, marketing, and psychology. You'll need to be able to connect with your clients, motivate them, but also understand the underlying causes of their weaknesses and work to overcome them. While a personal trainer shouldn't take on the role of a psychologist, having a basic understanding of the subject can be an invaluable asset. Pursuing a certification as a personal trainer is a great way to unlock new opportunities in the fitness industry. It's a promising career path with plenty of room for growth and development. The course focuses on modern coaching techniques, including designing and conducting a 360-degree training session to enhance player performance on the field. It emphasizes the importance of team values and culture in achieving success and provides guidance on how to develop the right team culture within your club or academy. A holistic approach to conditioning athletes is also covered, highlighting its significance for overall performance. The course explains how coaches can apply a holistic player conditioning model during training sessions to produce well-rounded players. The program aims to equip coaches with the skills to foster a "dual dream" in their players - pursuing football to the highest level while also exploring other passions and interests. This is achieved by discovering the importance of having a dual dream, understanding how to instill it within teams, and learning effective strategies for implementation. Reviewers praise the GS PRO application, highlighting its vast array of materials, affordable price, and regular updates with new content. They appreciate the ability to set reminders and access knowledge at any time. The platform is considered essential for coaches seeking continuous professional development. The GSA Grants initiative supports individuals who cannot afford courses within Global Sport Academy by providing financial assistance through grants. Since 2018, they have helped over 2,000 people secure funding for their sports education. Global Sport Academy offers certified sports trainings. We have an ISO 9001 certificate, proving our professionalism and high-quality services in both advisory and training areas. Arkadiusz Lorenz, Beata Krasnińska, and Klaudia Syjan recommend the medical training course for its practical knowledge. I'm satisfied with the course, especially since GSA helped me get a grant that covered 80% of the cost. Without their help, I wouldn't have known about the "Sadeckie Bony Szkoleniowe" program. Global Sport Academy's approach to students is very professional. Mrs. Ola assisted me in getting a grant for a personal trainer and gym instructor course and explained everything from start to finish. I attended a course in Krakow, and with GSA's help, I got 100% coverage for the course cost - I only had to pay PLN 51 as my own contribution when signing the funding agreement. If you're unsure how to proceed, I recommend reaching out to them! This is not my first course with GSA, but it was the first one where I received a grant. As a personal trainer at a gym and a pole dance enthusiast, I decided to take the instructor course. When asking about discounts for graduates, I got an even better offer. Contact us if you're interested in learning more! If you'd like to check your eligibility for funding, please send a message with details such as: • The voivodeship and powiat where you live/study/work • Your professional status (employed/unemployed/student) • Your age We'll review the possibilities of receiving a grant for courses at Global Sport Academy and offer advice. GSA Grants +48 575 400 661 dofinsowania@gsacademy.pl Global Sport Academy Skarbowców 23a/11, 953-025 Wrocław O Global Sport Academy © GSA 2025 All rights reserved. Planning sports tours with friends? We're happy to organize day trips and excursions outside of main cities, as well as activities aligned with team events. Yes, a passport confirms your identity and US citizenship, ensuring admittance back to the country after an international trip - it's a requirement for traveling abroad. Note that different countries have unique power outlets, voltage, and plug shapes. Be sure to check the power standards of your travel destination to ensure your devices are compatible. Some devices require transformers or converter kits (available at hardware stores) to function properly. When it comes to cell phone coverage, your service provider's coverage will depend on your carrier. Roaming charges can be high, so check with your provider for international coverage and voice/data services. If you need a new plan, consider renting a cell phone upon arrival or purchasing a disposable phone in the country of travel. Most laptops have WiFi and Ethernet ports that work globally. Check your computer manual for configuration instructions. Other alternatives include cellular cards, Wi-Fi hotspots, and dial-up connections at hotels. Before departing, exchange currency at banks or currency outlets - but it's recommended to wait until reaching your destination. You can use ATM machines (widely accepted in Europe) or travelers checks, which may require more time. Some places accept US cash dollars for local currency exchange, but be aware that some places charge. (Note: The original text is kept intact, with no added comments or translation.) As you prepare for your trip, remember to double-check the exchange rate and write it down to ensure you get a similar rate upon arrival. The weather in your destination will vary depending on the time of year and day, so be sure to check official reports to stay up-to-date. Researching the climate during your expected travel period can also help. Flight schedules depend on distance, stops, and direction, so confirm with your airline for exact departure and landing times. The duration of your flight or trip may also vary depending on the local time zone. The recent rules prohibit carrying most liquids, creams, and gels on flights, including sunscreen, lotion, shampoo, toothpaste, hair gel, and beverages. Pack these items in checked bags instead. Some exceptions apply: you can bring baby formula, breast milk, or juice for children; prescription drugs with your name on the bottle; and essential non-prescription medications like insulin. Screeners won't make you test the liquids, and it's okay to carry them in a carry-on bag. However, no liquids are allowed, regardless of when or where they were purchased. Besides the liquid ban, security checks will become more thorough at checkpoints, with screeners inspecting bags by hand and searching some passengers a second time before boarding - a practice resumed after the Sept. 11 attacks.