

Just 4 Keepers – FAQs

❖ How long has Just 4 Keepers been around?

- *J4K was founded in 1999 in the United Kingdom by Ray Newland, a former professional GK in England. Since that time J4K coaching programs have developed in 23 countries around the world training over 5,000 Goalkeepers!!!*
- *J4K – Capital District, NY (J4K-CDNY) is in the second year as part of this highly successful program. Get involved early and have the edge on your opponents!*

❖ What age and skill levels of goalies do you train?

- *While focused on the serious and elite goalkeeper, the J4K training program is designed to work with goalies of all ages (9 and up), all abilities, for both boys and girls. Coaching key fundamentals at an early age and working on advanced techniques and tactics as they progress, the program is designed to ensure each goalkeeper reaches his or her **MAXIMUM** potential while enjoying every moment between the posts!*

❖ Is J4K-CDNY associated with any local clubs or schools?

- *It is very important to know that J4K-CDNY is an independent goalkeeper training opportunity provided for every goalie to improve their game. **We are not associated with any clubs, schools, leagues or any other soccer training program. We will not try to poach players away from their club, nor will we try to steer a player towards any specific club or school.** This training is designed specifically for, well.....**Just 4 Keepers!!***
- *(Full Disclosure: Head Coach, Prince Knight is the president and U17B coach of the New Scotland Soccer Club, a small travel club based out of Voorheesville, NY. It is not a premier or elite soccer club and is not interested in poaching players from other organizations)*

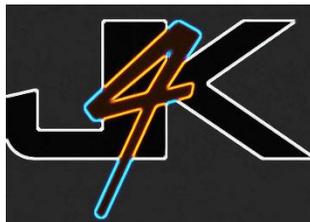
❖ What if my club already has a Goalkeeping coach?

- **GREAT!!** *Keep training with them, the more training the better when it comes to goalie training. It is all about repetition, muscle memory and reading the game. Any good goalkeeping coach will always encourage you to train as much as possible (with appropriate recovery periods) in order to master the position. Tell your club coaches about the J4K program. We are happy to work with coaches, schools and clubs alike!*

❖ Are there future opportunities to progress my child's goalkeeping career?

- *This is one of the best advantages to joining J4K!! Through the largest network of goalkeeping coaches, different types of ID camps and the worldwide recognition of the J4K brand, our elite keepers have multiple opportunities to be recognized by colleges and higher level soccer organizations. J4K has helped more young goalkeepers than any other similar organization in history, with countless J4K students going on to play college level, even professional and internationally in goal. Our success is second to none for young goalkeepers.*

((More Questions & Answers On Back))



YOU CAN ALWAYS EMAIL OR CALL COACH KNIGHT WITH ADDITIONAL QUESTIONS
PRINCEKNIGHT@JUST4KEEPERS.COM 518-857-2969

Program - FAQs

➤ How often will you train?

- *The main training program for J4K will be once per week for an hour, year round! However there will be other opportunities for camps and clinics.*

➤ Where do you train?

- Training locations will be finalized based on a central location of registered goalkeepers. Some of the venues that are currently being **considered** are:
 - Albany - Tony Tirino Fields
 - Clifton Park - Clifton Commons
 - Cobleskill – Golding Middle School
 - Voorheesville HS Satellite Fields

If you have a venue you would like to recommend, please share it with Coach Knight

➤ Are there any other factors as to why to choose J4K over another goalkeeping coach?

- **GLOVES, GLOVES, GLOVES!!!!** *There are so many added value benefits to joining J4K, but the one that is at the top of the list are the high quality J4K brand goalkeeping gloves at the absolute lowest possible prices!! You won't believe the quality, prices and selection of our gloves!! Our gloves are tried and tested by professional and ex-professional goalkeepers. (www.just4keepers.com/shop)*



➤ What are the costs to join & train with J4K??

(Get ready for this...)

One-time, Life-time membership fee of **\$47.00** which includes a GK training kit (**Shirt, Gloves and Glove Bag!!!**)

Then.... **Only \$75.00** per month for the **weekly training sessions**

(That works out to be about \$17 per hour over the course of a year!!)

The only other routine cost may be a small facility-use fee for indoor training for winter

****Best part is your fees will NEVER increase!!!** Once you register your first monthly fee for weekly training, you will pay the same price each **CONSECUTIVE** month as long as you remain a J4K member and your account is in good standing!!

***** Maybe this is the best part!! FLEXIBLE ATTENDANCE**

At J4K, we understand that goalkeepers and parents are VERY busy! If you miss a session for any reason, you can make it up at another location, or it will be credited towards your next month's fee. That way you are sure to always get exactly what you pay for!

Come join us along with over 5,000 goalies worldwide, to strengthen your skills and technique, and have some fun. We look forward to meeting you on the fields and between the posts!!

www.Just4Keepers.com