

Strength, Conditioning & Injury Reduction

Marin FC offers to our players SCIR sessions to help them stabilize their fitness, improve their performance, and safeguard them against injury.

Sessions are 'drop-in' 45 minute trainings timed to either precede or follow regular training sessions on Tuesdays, Wednesdays and Thursdays.

The fall sessions start on Oct. 15th and run until November 21st, and all will be posted into teams' TeamSnap calendar.

All instruction is provided through athletic trainers specializing in a regiment of specific exercises designed to engage, expand, and ultimately optimize player preparation and performance.

All Marin FC players in the Youngers and Olders age groups (ages U-12 to U-19) should avail themselves of this important resource.

Sessions:

Tuesdays, Wednesdays & Thursdays
Early: 4:30-5:15, Late 5:45-6:30

Location:

College of Marin Diamond P.E. Center
(700 College Avenue) Room PE 22

for more info contact : admin@marinfc.com