

**2013 Kingston FC
Pro Soccer School
Coaching & Mentoring Staff**

Head Trainer



COLM MULDOON
Head Coach, Kingston FC

Kingston FC 2012/2013 Pro Staff Mentors



**MADEMBA
BA**



**JORDAN
BROOKS**



**HUGO
DELMAIRE**



**TONY
EL-ASMAR**



**RYAN
McCURDY**



**AUSTIN
WHITE**

**Kingston FC
Pro Soccer School**

Kingston FC pro soccer teams compete in the Canadian Soccer League. Under Coach Colm Muldoon, Kingston FC plays an attractive brand of soccer, emphasizing ball movement, flow, mobility and awareness. Colm is a highly-skilled, highly-trained UEFA "A" Level Coach, a Conditioning for Sport specialist certified by Setanta College and a certified personal trainer. He has many years of professional playing and coaching experience with Athlone Town in the Airtricity National League in Ireland and throughout the United States at the college and academy level. Prior to heading football operations at Kingston FC, Colm was a Developmental Coach for Youth Training Programs with the New York Red Bulls of the MLS.

In his Kingston FC Pro Soccer School training sessions, Colm is joined and assisted by his pro players who serve as mentors for elite young soccer players.



**Learn the Kingston FC Pro
Method from the
Professionals**

The Kingston FC Pro Method of training elite soccer players is patterned after well-established Dutch training techniques that focus on Technique, Insight and Communication (the "TIC" approach). In the training sessions, young players will learn:

TECHNIQUE: Functional competence in all aspect of play, Fundamental movement skills, and Sport specific skills of the game.

INSIGHT: Individual and team tactics, Greater understanding of the Moments of the game.

COMMUNICATION: Quality and timing of positioning, Enhanced recognition skills, awareness and thought processes, Giving and receiving high quality information.

"Colm Muldoon is well on his way to becoming one of the most outstanding young coaches in this country. His integrity as a person is beyond reproach and for that reason he gets my highest recommendation."

**Pauric Nicholson,
Irish International Youth Coach**

Our Mission

*Our Mission at **Kingston FC Pro School** is to work with and mentor ambitious, goal-orientated young soccer players and to help them reach their full potential and develop into elite level players. In all that we do, Kingston FC strives to provide a pathway for the brightest young soccer stars in our region to achieve their goals.*



Now you can learn soccer skills from Kingston FC professional coaches and players in your own hometown! Small group sessions or private training available now in Kingston, Belleville and Ottawa!

*E-mail
PROSCHOOL@KINGSTONFC.CA*



Ryan McCurdy

Kingston FC Pro Soccer School

Kingston FC is a proud member of the Canadian Soccer League (CSL), Canada's only pro soccer league.



Kingston FC Pro Soccer School

*Learn from the Pros...
Play with the Pros!*

FOR MORE INFORMATION

E-MAIL:

PROSCHOOL@KINGSTONFC.CA;

CALL 1.613.878.1532; OR

VISIT Kingstonfc.ca/ProSchool