

Bio for Website

- University of Salford, England. Bachelor's degree in Sports Studies and Development.
- England FA Level One award in Football coaching.
- CYQ Level Two award in Fitness and Exercise instruction.

Info for Tiger Cubs

Tiger cubs is an afterschool soccer program that aims to provide fun and developmental sessions in a safe environment for all players. All players in the Tiger Cubs program will be under the guidance of a professional coach from Team Excel Soccer LLC. Team Excel has a long history in Ridgefield, CT and TES director Phil Bergen has been working in Ridgefield for over 25 years, helping thousands of soccer players in the town.

The great thing about Tiger Cubs is we bring everything to you! We provide the coaches, the equipment and the fun! All players have to do show up, listen and learn!

Sessions will be 1 hour long with emphasis on the technical aspects of soccer as well as;

- Social Skills
- Communication
- Teamwork
- Cognitive Skills
- Physical Development

We prefer being outside on a soccer field or grass field, but we can play on pretty much any surface including;

- Outdoor play areas
- Grass fields
- Outdoor rough surfaces (Sandboxes, Blacktops, Woodchips ect)
- Indoor play areas and rooms (If your establishment has a play room this is a great space to play)
- Indoor gymnasiums

The program will be non-competitive by nature, with emphasis on the above. However, if a school would like a scrimmage to take place this can be accommodated.

Bio for Director of Extra-Curricular programs.

Gareth Horrocks has been coaching soccer for the last 10 years and playing since the tender age of 3. Playing for youth teams in England such as Manchester City and Blackburn Rovers. He is a current professional coach for Team Excel Soccer working with various ages from 3-4 to 18.

Qualifications include;

- **Bachelor's degree in Sports Studies and Development.**
- **England FA Level One award in Football coaching.**
- **NVQ Level Three qualified Social Worker and Child Development professional.**
- **5 years' experience working as a Senior Support worker with 'at risk' children in residential homes.**
- **CYQ Level Three award in Fitness and Exercise instruction.**

"Soccer is a powerful tool. Soccer can be used to develop many physical, emotional and cognitive aspects. Soccer by nature helps players recognise the importance of teamwork, communication, social cohesion and physical health and well-being. Development of soccer skills will be focused on with the above aspects also present." (Horrocks, 2019)