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Transcend STS Intelligencer

Transcend STS News

Transcend STS to hold its 1st annual soccer skills clinic.

Transcend's very own Lee Flannery will be holding his 1st annual soccer skills clinic on the follow dates: Monday 11/21 ages (12 and under) 3pm to 5pm. Tuesday 11/22 ages (13 and up) 3pm to 5pm. Wednesday 11/23 ages (12 and under) 9am to 12pm. Wednesday 11/23 ages (13 and up) 2pm to 5pm.

Lee is a certified coach from the Football Association, and is United European Football Association licensed. Lee also played professional soccer from 1996 to 2001 for Sheffield Wednesday F.C. as a right mid fielder. Lee was player of the year twice in 1998 and 1999. Lee also was selected to the 1998 and 1999 national training academy for the top 22 players in the nation for England. Lee is also a strength and conditioning, performance enhancement coach here at Transcend.

Lee is looking forward seeing the same intensity and dedication on the field as he does here during workouts and drills at Transcend. Price for this clinic will be \$60 per

athlete. Please call Lee at Transcend STS to register 215-598-7800.

Transcend has a scary good time at Shady Brook Farm Horrorfest and Click 5 concert

52 Transcend members and friends made the trip for the Click 5 and Horrorfest at Shady Brook farm on October 30th. The list included Katy Murphy, Tara Murphy, Danny Murphy, Meg Walsh, John Melching, Chris Ferri, Julie Jackson, Meredith Dubs, Shane Dacey, Katy Wismer, along with a few of their friends each. The RRBT women of Transcend also made the trip along with a few of their friends each. Without mentioning any names (Julie Jackson) certain members were completely terrified all night and despite early predictions, Chris Ferri did not wet his pants. Overall we had a great time and plan on taking Transcend field trips in the future.

Congrats go out to another crop of Transcend athletes committed to college.

Bethany Marvel, (Field Hockey, Penn State), Courtney Lubbe, (Lacrosse, Penn University), Dennis Murray (Lacrosse, Drexel), Danielle DeBenardo,

(Soccer, St. Joe's) and Katy Murphy (Soccer, Rider University). Special congrats and thanks go out to Marcus Sargeant. Marcus tried out for the Philadelphia Soul. After 350 athletes who tried out Marcus made it to the final 20 posting a 4.51 40 yard dash. Afterwards Marcus was guaranteed a contract with the Wilkes Barre Pioneers and has been granted a tryout with the New York, Las Vegas and Dallas teams. Marcus has set a great example to the younger athletes in Transcend and has proven what hard work and discipline can accomplish. Transcend has named Alli Rosati the Athlete of the month of August.

Alli has been a long time member here at Transcend. Recently Alli's work rate and attitude has intensified to a completely new level. Alli's has attacked her training progression and seems to be improving on a daily basis. Good luck on your upcoming season.

Thought of the Month:

Why do Todd and Lee have us transition low and wide as opposed to tall and thin?



