

# REGINAS PLAN 2020

## Eligibility

## Criteria

- ✓ Be disciplined. Team-man first
- ✓ Be regular
- ✓ No matter whether you want to become professional or just love the game, be serious enough about it

## Contact us

- **Facebook Page:**  
[www.facebook.com/fiiobjunos](https://www.facebook.com/fiiobjunos)
- **Instagram Account:**  
[www.instagram.com/fiobjfotballteamkolkata](https://www.instagram.com/fiobjfotballteamkolkata)
- **Website:**  
[www.fiiobjkolkata.wixsite.com/fiobjfotballteam/reginas](https://www.fiiobjkolkata.wixsite.com/fiobjfotballteam/reginas)

*Drop us a message on Facebook or Instagram to register for next trial session!*

## Who are we?



## Why us?

- ✓ Professional training environment
- ✓ Proper player development system
- ✓ Dedicated Coaches who had sessions under AIFC
- ✓ A pathway to professional club selections
- ✓ Regular tournament participation
- ✓ Match practices
- ✓ Individual progress reports
- ✓ Daily exercise plans
- ✓ Nutrition plans
- ✓ Periodic fitness tests