



Fitness, Speed & Agility Camp

Who: Girls & Boys U8-U14
When: July 19-22
6:00-7:15pm (M-Th)

Fee: \$40.00 per person
Where: CW Middle School
7155 Parkview Dr.
Canal Winchester, OH 43110

The PSC Fitness, Speed & Agility Camp is focused on preparing Soccer players for the upcoming season by improving their total fitness, as well as speed & agility. Organized and led by PSC Associate Director Mark Casperson. All sessions will be related to physical actions relevant in Soccer. Each day will have specific focus on how to become fit and to develop more speed in your game. As you move into more competitive Soccer it is important to develop your conditioning & overall speed as it can be the difference in winning and losing games. The higher level of Soccer you wish to play, the more the demand there is for well-conditioned athletes who are also quick and agile.

PSC staff members and area high school players will assist Mark Casperson as needed.

Detach and mail below along with payment to:
Payments registration must be received no later
July 10th

Pride Soccer Club
PO Box 764
Canal Winchester, OH 43110

Contact:
Mark Casperson coach.casperson@gmail.com

cell 614.216.0876

www.pridesoccerclub.com

PRIDE SC Fitness, Speed & Agility Camp

Name: _____

Email: _____

Age: _____

Phone: _____

Gender: M or F

Parent's Name: _____