



## Fitness, Speed & Agility Camp

**Who:** Girls & Boys, U7-U14

**Fee:** \$40 per player

**When:** July 18-21  
6:00-7:15pm

**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. The camp will be in its 4th year and has dedicated its curriculum to focusing on soccer specific activities to improve a player's quickness, explosiveness, and endurance. The camp mixes in fitness with fun and is a great way to stay in shape after a long summer and the fall soccer season about to begin!**

**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 that are also quick and agile.**

**Contacts:**

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**Register Online at:** [www.pridesoccerclub.com](http://www.pridesoccerclub.com) or go directly to the link at:

<https://www.sportspilot.com/Register/RegASO.asp?ASOID=106025&BordersOff=&Method=New>

Mail payments to:

Pride Soccer Club

PO Box 764

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