

CO-ED SOCCER SPEED TRAINING CAMP

With Mike Karns



Ages 14-18
Grades 9-12



Camp Week: July 30 - August 3 **OR** August 6 - August 10
(depends on numbers & interest)

Session Length: 2 hours (time of day depends on numbers & interest)
9:00 - 11:00 AM (tentative)

Place: Bullis Park, Canandaigua Road between Routes 31 & 31F

Cost: \$50

Camp Focus:

- ❖ Improving Foot Speed
- ❖ Improving First Step Quickness
- ❖ Acceleration
- ❖ Deceleration
- ❖ Lateral Speed
- ❖ 1v1 Moves



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At Bullis Park - August 10-14

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Cell Phone _____

Emergency Phone _____ Grade Entering _____

Email Address _____

I understand that participating in athletics and other soccer camp activities involves a risk of injury or other harm. All such risks are being assumed knowingly and voluntarily, including but not limited to those associated with travel to and from camp activities.

I will not hold the Macedon Recreation Department or anyone else involved with the Soccer Speed Training Camp responsible for any injury or other harm that results from participation in the camp.

I understand my primary insurance coverage will be utilized for all medical claims.

Parent's Printed Name _____

Parent or Guardian Signature _____ Date _____