

**2010 Soccer Speed &
Agility Camp
Presented by Velocity
Sports Performance -
Allentown**

**Space is limited.
Sign up NOW to
reserve your spot!**

**Contact Velocity Sports
Performance – Allentown at
(610)973-1550 for additional
program information.**



Program Registration

Name: _____

DOB: _____ Grade: _____ School: _____

Parents Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Emergency Contact: _____

Phone Number: _____

Release of Liability and Consent to Use Image:

I hereby waive and release for myself and my child, any and all rights or claims I or my child may have against Velocity Sports Performance (including any school or facility in which its programs are conducted) and its respective agents, employees, officers, and representatives (Velocity Sports Performance's representatives), from any and all responsibilities or liabilities for injuries or damages arising out of my child's attendance, participation, use of equipment or machinery, or any act of omission, including negligence by Velocity Sports Performance's representatives. I acknowledge that this release is required for participation in these activities and programs and that they involve a risk of injury and death on behalf of my child. I further agree to indemnify and hold harmless Velocity Sports Performance's representatives from any claims which may arise out of my child's participation in this program. Also by signing this registration, I agree to allow Velocity Sports Performance to use, reproduce, and publish photographs taken during the training program, which may contain images of my child, for marketing and advertising purposes.

X _____

Parent Signature

Date



**Soccer Speed &
Agility Camp
(August 2010)**

**Presented by Velocity
Sports Performance–
Allentown**



610-973-1550

www.velocitysp.com/allentown

PROGRAM DESCRIPTION

As a soccer athlete, you need to be explosive, capable of moving in multiple directions, quick to react, and be well-balanced on one or both legs. This program is designed to improve running mechanics, as well as explosiveness for speed and jumping. It will also help improve the ability to move in all directions, balance, core strength, and soccer specific endurance.

Program Breakdown

- ◇ Dynamic warm-up = 15 mins.
- ◇ Movement training = 25 to 30 mins.
- ◇ Conditioning = 10 mins.
- ◇ Core strength = 5 mins.
- ◇ Static stretch = 5 mins.

To register for this camp contact Velocity Sports Performance at (610)973-1550 or email dramella@velocitysp.com.



PROGRAM COST \$150



Month of August, 2010
Monday, Wednesday, Friday

Youth (ages 8 to 11)

Session time: 2pm - 3pm

Middle School (ages 12 to 14)

Session time: 3pm - 4pm

Dates: 2nd, 4th, 6th, 9th, 11th, 13th,
16th, 18th, 20th, 23rd, 25th, 27th

Registration Deadline:

Monday, July 26, 2010

****Maximum of 15 athletes per session.**



BACKGROUND

MATTHEW HOOVER

Matt is a graduate of DeSales University where he majored and obtained his degree in Exercise Science. He is also a Certified Strength and Conditioning Coach. This is Matt's second year hosting this camp. In addition to this camp, Matt has also had the pleasure of training various soccer teams within the Lehigh Valley, as well as many soccer athletes, both male and female, of all ages and skill levels.

VELOCITY SPORTS PERFORMANCE

World-renowned name in sports performance training. We train more athletes across the country than anyone else. Our coaching staff is trained to tailor workouts for all ages and skill levels; while maintaining a positive, safe, and performance oriented environment. We provide a state-of-the-art facility to improve athletic movement.

Why Do You Train?®

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