

**Strength/Conditioning Program
For High School Boys & Girls
June 23-August 13, 2009**

Força!TM

**soccer
camps**

team training . vacation programs . speed/agility training

JUNE 23 - AUG 23, 2009 – STRENGTH & CONDITIONING – BELMONT HILL SCHOOL

**Limited
Registration**

**Strength & Conditioning for
High School Soccer Players**

2 Hours of Training per date

- 6:00-7:00pm – Strength/Conditioning
- 7:00-8:00pm - Guided Street Soccer

Professional Training Sessions

- Speed Training
- Conditioning/Aerobic Fitness
- Core Strength & Stability
- Dynamic Multi-Directional Movement
- Injury Prevention

Guided Street Soccer Sessions

- Games for Soccer Fitness & Learning

Location

- Belmont Hill School

16 Dates

Tuesdays & Thursdays
June 23-Aug 13, 2009
6:00-8:00 pm

HS Boys & Girls
(u15-u19)

Fee

See below



Quality Training Staff

Sarah de Brun

Certified Strength/Conditioning Coach (NSCA)
Speed/Agility Trainer, Grasshopper FC
Speed/Agility Trainer, Lexington SC
Bucknell University (Cross-Country/Track)

Dan Rudolph

Certified Personal Trainer (NASM)
Head Coach, Lexington HS Boys Varsity
Speed/Agility Trainer, Grasshopper FC
Trinity College (Soccer)

Tom Mitch

Director, Força! Soccer
Director, Grasshopper Football Club
NSCAA Premier License
Duke University (NCAA Champs) (player)

Fee Structure

- 8 Weeks (16 dates: Jun 23-Aug 13) - \$310
- 6 Weeks #1 (12 dates: Jun 23-Jul 30) - \$250
- 6 Weeks #2 (12 dates: Jul 7-Aug 13) - \$250
- 4 Weeks #1 (8 dates: Jun 23-Jul 16) - \$180
- 4 Weeks #2 (8 dates: Jul 7-Jul 30) - \$180
- 4 Weeks #3 (8 dates: Jul 21-Aug 13) - \$180

**For More
Information about
Força! Soccer**

**Contact Our Director
Tom Mitch**

tmitch@forcasoccer.com
(781) 729-0752



Registration Form – Strength & Conditioning for High School Boys & Girls – Belmont Hill School

SELECT PROGRAM

- 8 Wks 6 Wks #1 6 Wks #2
- 4 Wks #1 4 Wks #2 4 Wks #3

Name of Player _____

Date of Birth _____ Grade (as of 9/09) _____

School _____

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____

Mobile Phone _____

Email Address _____

Release of Liability & Parental Consent

I, the parent/legal guardian of the registrant, a minor, recognizing the possibility of physical injury associated with soccer and its related activities, and in consideration for Força! Soccer accepting the registrant for its soccer program, including any and all related activities (Clinic Programs), hereby release, discharge, and/or otherwise indemnify Força! Soccer, its Board members, agents, employees, sponsors, contractors, volunteers, and associated personnel, including the owners of the fields and facilities utilized for Clinic Programs, from any and all liability that may arise from said participation, including but not limited to any injury occurring to my child/ward. I acknowledge that I am responsible for any and all medical expenses due to my child/ward's injury or illness, and hereby assume all risk of injury or loss to which he/she may be exposed. Força! Soccer is not responsible for personal items that are lost, stolen or damaged. I understand that Força! Soccer retains the right to use any photographs, or any other record of Clinic Programs for publicity, advertising or any legitimate purpose. I understand that no one is authorized by Força! Soccer to alter, modify, or waive any of the terms of this agreement in any way.

Parent/Guardian Name _____

Signature _____ Date _____

Make Check Payable to **Força! Soccer**, 8 Oak Street, Winchester, MA 01890

****Limited Registration****