

**Head Coach  
Dave DiIanni**

Dave DiIanni just finished his first season as the women's head soccer coach at Grand Valley State University. He led the Laker women's team to their first-ever NCAA Tournament appearance with a school-best 17-2-2 record and a final ranking of #10 in the nation. DiIanni also holds his USSF B license and is a Michigan Olympic Development Staff Coach.



**Grand Valley State Head Coach  
Dave DiIanni**



**Grand Valley State University  
Women's Soccer  
1 Campus Drive  
98 Fieldhouse  
Allendale, MI 49401  
Phone: (616) 331-3080**

**Grand Valley State University  
Women's Soccer  
Presents....**

**2004 Spring Warm-up  
Skill and Speed Camp**

**March 2-4, 2004**



## ***Raise Your Game***

Ladies, one of the most important things an athlete can do to impress a coach is come into the season with a high level of fitness level. Having a high level of fitness can instantly raise the level of your overall game.

## ***High School Coaches Need Fit Athletes Can you play 90 minutes hard?***

High School coaches need fit athletes. If you are not fit coming into preseason, your chances for playing time can become dismal. The collegiate preseason is only two weeks. You need to be fit before you step onto the field the first day.

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### ***How can increased fitness raise the level of my games?***

1. Improves physical speed
2. Decreases risk of injury
3. Increases muscular strength
4. Improves jumping ability
5. Improves muscular endurance
6. Improves power

### ***You Don't Have To Hire A Personal Trainer***

Save money. You don't have to hire a personal trainer or belong to a health club to get a good workout. We'll show you how to get fit at home!

Learn how to do an entire workout with a set of dumbbells!



### ***Affordable***

The Grand Valley State University Spring Warm-up Fitness Camp is only \$50.00/participant.

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### ***Get the "Know-How"***

Many athletes do not know the proper techniques in fitness training. Learn the latest in acceleration training, strength training, and endurance training.

- Learn how to get a good skill AND fitness workout using a soccer ball
- Learn about proper nutrition
- Learn safe methods in weight training
- Learn to train with speed ladders, hurdles and medicine balls

### ***Mark Your Calendars!***

Tues. March 2 - 6:00 - 9:00 p.m.  
Wed. March 3 - 6:00 - 9:00 p.m.  
Thurs. March 4 - 6:00 - 9:00 p.m.

**\* The camp will be held at the  
GVSU Fieldhouse**

**\* Girls ages 13 and up**

### ***Contact Information***

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