



2011-2012

## FIT SOCCER ACADEMY

Phase I: Nov 28-Jan2

Phase II: Jan 4-Feb 13

**Program Details:** ages 10-16 yrs

- ◆ **High School Age:** Come get ready for the boys' high school season and the girls' club season! Soccer specific weight training program to enhance strength, power, explosiveness, agility, and injury prevention.
- ◆ **Middle School Age:** Soccer specific body movement and agility training to enhance speed, balance, and body control.

**Days & Times:** 10 sessions per phase.

Phase I— Mondays and Wednesdays 6:15-7:15pm

Nov 28, 30, Dec 5, 7, 12, 14, 19, 21, 28, Jan 2

Phase II— Mondays and Wednesdays 6:15-7:15pm

Jan 4, 9, 11, 23, 25, 30, Feb 1, 6, 8, 13

**Location:** WWU Carver Gym D and Carver Weight Room.

**Cost:** 10 sessions \$165,  
5 sessions \$95

**Coaches:** WWU coaches and players.

**Registration:** online at [www.vikings.cstv.com/camps/wwu-camps.html](http://www.vikings.cstv.com/camps/wwu-camps.html) *Please email me the dates your child is coming if you choose the 5 session option.*

Hope to see you there!

Georgianne Connell

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