



Summer Camps 2010

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LITTLE KICKERS CAMP

July 19 – 22

Rain date: July 23

Ages 4 – 8

9:00am – 10:30 am

This camp is designed for boys and girls ages 4 to 8 years of age to familiarize younger players with the game of soccer. With a small player to coach ratio, players develop coordination through fun games while developing social skills within small groups. With the concept of having fun, they will learn proper soccer technique with a ball, develop balance, trapping, striking a ball and footwork.

All participants receive a size 3 soccer ball and t-shirt.

SPEED AND AGILITY CAMP

July 26 – 29

Rain date: July 30

Ages 9 – 14

4:00pm – 6:00pm

This camp is designed for players ages 9 through 14 years of age. Players will develop a quicker first step, gain faster foot skills, develop a more explosive jump, increase speed, improve strength and balance, learn about injury prevention, proper nutrition and hydration and overall pre-season fitness. This is accomplished through a proven program of plyometrics, resistance running and speed drills all while utilizing state-of-the-art equipment. A great way to get ready for the Fall sport season!

All participants will receive a t-shirt.

**CAMPS ARE HELD AT
CAMPTON HILLS PARK IN ST. CHARLES.**

*****YOU WILL BE NOTIFIED ONLY IF YOUR
CHILD IS NOT PLACED IN A CLASS*****

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Cost: \$100

Player Name

Parent Name

DOB Boy Girl

Address

City

Zip

Phone

Email

LITTLE KICKERS CAMP

JUNIOR KICKERS CAMP

I hereby give permission and certify that my son/daughter is in good health and able to participate in all activities. I hereby release Campton United Soccer Club, coaches, staff, and all other identities associated with the class of all liability for any injury or illness incurred by my child at the camp. In case of emergency, I grant permission for my son/daughter to be given emergency treatment at a local hospital.

Parent/Guardian

Signature _____

Date _____

Master Card Visa Check

I hereby authorize you to charge my credit card:

Exp Date _____ Security Code _____

Signature _____