

Strength and Conditioning Camp Series: Soccer



Innovative Training Solutions

WHAT: Camp will focus on the needs every soccer athlete needs to focus on to improve their athletic performance. Depending on age will depend on exact type of training program. Athletes will be introduced to:

- proper lifting techniques (including how to push, pull, hinge and carry)
- agility to improve on foot speed and retain time and cutting technique
- improve on foot/ankle mobility
- core training techniques
- nutrition and hydration education (what to eat during tournaments, why water is important, how to properly fuel your body)
- at the end of the camp every athlete will receive a maintenance program to help them stay healthy during the season

COST: \$90 per camp per athlete

WHEN: Camp dates are:

- July 9, 2018 - July 13, 2018 from 10-12pm Monday, Wednesday, Friday
- August 20 2018 - August 24, 2018 from 12:30 - 2:30pm; Monday, Wednesday, Friday
- **WHERE:** 13757 Eureka Road; Southgate, 48195

WHO: Open to all females ages 12-17 years of age

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REGISTRATION IS REQUIRED!!