

Summer Soccer Program

June 5th – August 4th (8-Weeks)

Group:	Time:	Days:
Youth Grade School	8am – 9:30am	M-W
HS/BVS	9:30am – 11am	M-TH
HS/College	11am – 12:30pm	M-TH
Make-up/Extra Sessions	8am – 12pm	TH/F

* No training June 12th-15th

* No training July 4th. July 5th training will be moved to the evening

* 1, 2, 3 or 4 day a week options are available (see pricing)

Youth Group:

5th – 8th Grade

- M/W will be focused on soccer training
- T we will be focusing on foundational speed, power, and agility along with some technical training if time allows (7/8th graders can start to work on foundational strength training)
- If signing up for the extra Thursday sessions the focus will be on speed, agility, and foundational strength for 7/8th graders.

HS/BVS Group:

Designed for HS or 7/8th grade division 1 or 2 athletes

- M/W will be focused on our soccer training
- T/TH will be focused on speed, strength, power, agility, and conditioning (w/ and without a ball)
- Highly recommended that you sign-up for the extra Thursday sessions focused on Strength/power

HS/College Group:

Designed for current division 1-2 high-school players, college or semi-pro level players

- M/W will be focused on our soccer training
- T will be focused on speed, strength, power, agility, and conditioning (w/ and without a ball)
- Highly recommended that you sign-up for the extra Thursday sessions focused on Strength/power

Cost:

3-Day a week Option (recommended for youth athletes): \$700 for the full 8-week program (\$87.50 a week/\$29 a session)

- Three 1.5 hour long sessions a week
- Includes summer 2023 T-Shirt
- Includes ½ off price for the F90F Summer Camp
- \$15/per extra speed/strength training session or \$100 more for an extra session every Thursday during the 8-week program

4-Day a week Option (recommended for HS/College athletes): \$800 for the full 8-week program (\$100 a week/\$25 a session)

- Four 1.5 hour long sessions a week
- Includes summer 2023 T-Shirt
- Includes ½ off price for the F90F Summer Camp
- \$15/per extra speed/strength training session

2-Day a week Option (recommended for athletes lightly involved in other activities): \$600 for the full 8-week program (\$75 a week/\$37.50 a session)

- Two 1.5 hour long sessions a week
- Includes summer 2023 T-Shirt
- Includes ½ off price for the F90F Summer Camp
- \$15/per extra speed/strength training session

1-Day a week Option (recommended for athletes Highly involved in other activities): \$500 for the full 8-week program (\$62.50 a week/session)

- Two 1.5 hour long sessions a week
- Includes summer 2022 T-Shirt
- Includes ½ off price for the F90F Summer Camp

PRICING for Bishop Miege HS teams and my NEU Pele players: \$300 for full 8-week (4-day a week) program (\$37.50 a week/\$9.37 a session)

- Four 1.5 hour long sessions a week
- Includes summer 2023 T-Shirt
- Includes ½ off price for the F90F Summer Camp

Full90Fitness Summer Camp: June 22nd - June 24th

- 7pm - 9pm @ TBD
- \$300 for full 2 day camp and ticket to game
- Training June 22/23rd. Camp will go to the Sporting KC Game together on the 24th.
- Sporting Pro Defender Kortne Ford will be a head coach along with me. Other Sporting players will be assistant or guest coaches
- Pictures with sporting players after the game
- Half off for athletes in the summer program

Sign-up via:

- Email: Full90fitnesskc@gmail.com
- Call/Text: (816) 982-1531
- Online registration: <https://www.full90fitnesskc.com/contact>