

Summer Soccer Program | Small Groups | Summer Soccer Camp

June 3th – August 2nd (8-Weeks)

Group:	Time:	Days:
Youth Group	8am – 9:30am	M-W/TH
HS/Miege	9:30am – 11am	M-TH
Make-up/Extra Sessions	8am – 12pm	TH
Small Group Sessions	11am - 7pm	M - F

* July 4th week OFF (1st - 5th)

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

* Prorated programs based on missed days/weeks due to vacation are available. Please include dates being missed in the registration for a modified price.

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/Miege 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

Small Group Sessions:

Specialized programming for a small group of up to 4 athletes

- Groups can be created by parents or by me. Could be groups of friends, siblings, teammates, or by age. (there will be a discounted rate for parent/players that make their own group of athletes)
- Days/times are based on a first come first serve basis. Availability M-TH from 12pm - 7pm.
- 1 hour session = \$35 per athlete
- 1.5 hour session = \$50 per athlete

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
- \$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
- \$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
- \$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

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

Full90Fitness Summer Camp: July 27th

- Time: 6:30pm - 8:30pm
- Scheels Soccer Complex (Field #9)
- \$100 for full camp
- Coached by Sporting Pros Kortne Ford, John Pulskamp, & Khiry Shelton
- Pictures, autographs, and giveaways with sporting players after the camp

Sign-up via:

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

Last day to sign-up is: **MAY 31st**

- If you are trying to sign-up after this day please call in before submitting an online form to see if there is still space.

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