

Summer Soccer Program

June 6th – July 29th (8-Weeks)

Group:	Time:	Days:
Youth Grade School	8am – 9:30am	M-W
HS/College	9:30am – 11am	M-W
BVS/HS	11am – 12:30pm	M-W
Make-up/Extra Sessions	8am – 2pm	TR

*July 4th/5th training will be moved to Thursday/Friday the 7th/8th

* 1, 2, or 4 day a week options are available upon request

Youth Group:

5th – 8th Grade

- M/W will be focused on our 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 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/Pro 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: \$700 for the full 8-week program (\$87.50 a week/\$29 a session)

- Three 1.5 hour long sessions a week
- Includes summer 2022 T-Shirt
- Includes ½ off price for the F90F Summer Camp
- \$15/per extra strength training session or \$100 more for an extra session every Thursday during the 8-week program
- 1 or 2 day a week options are available upon request