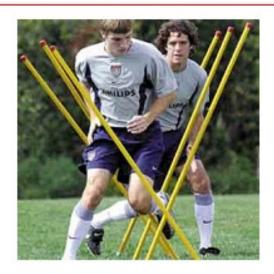
Speed, Agility and Quickness Soccer Camp

In Conjunction with Chilliwack FC

Date of Camp: Aug 24-28, 2009 Location of Camp: Sardis Sports Field



What is EIT Athletics?

Through scientifically proven training principles, **EIT Athletics** will raise your young athletes performance levels, giving them the tools they need to be successful on and off the soccer pitch.

All EIT Coaches have their degrees in Kinesiology and Sport Science and have many years of experience training athletes of all ages and skill levels.

Why Train These Areas?

How can we ask our players to dribble faster, jump higher or change direction quicker if we have not first taught them the fundamentals of correct body movement? Before we expect miracles with the soccer ball, our young athletes must first be able to perform miracles without the soccer ball.



Excellence in Training Excellence in Self

Tel: 778-552-6096 **Web:** www.eitathletics.com

Specific Areas of Focus

- Agility, Acceleration and Explosive Power,
- Quickness and Speed

Program Specifics

Fun With A Purpose!

<u>Come Prepared to Work:</u> To see changes, all athletes must come prepared to work and give 100%.

<u>Come Prepared to Learn:</u> Be open to everything the course has to offer and open your mind to new training ideas and philosophies.

<u>Come Prepared to Make New Friends and Have Fun:</u> "Fun With a Purpose" is our motto as we train; making new friends and enjoy the process of learning.

Camp Time/Date, Location and Cost

August 24—28

Sardis Sports Field Chilliwack BC

• **U12—U13** Boys and Girls: 9:00—10 am

U14-U15 Boys and Girls: 10:15-11:15 am

U16—U18 Boys and Girls: 11:30—12:30 noon

Note: Boys and Girls Camps will occur at the same time but will

- be separate from each other (unless numbers dictate otherwise)
- Early Bird Registration (**before Aug 3**): **\$85.00** for the week
- (per child)
- Late Registration (after Aug 3): \$100.00 for the week
- (per child)

Registration and Jersey's:

To ensure timely delivery of Camp Jerseys, registration must be in by **Aug 7th.** Registration will be accepted after this date but there is "**no guarantee**" on

jersey availability.

Safety Issues:

- All Players
 Must Wear
 Proper Soccer
 Boots
- Ensure All
 Players Bring
 Plenty of Water
 and Sun Screen

Please Make Cheques Payable to:	Name:	Registratio	Registration Form		
EIT Athletics Please Indicate Required Jersey	Address:	Please <i>Circle</i> Boy or Girl and <i>Indicate</i> number attending.	Time	Payment	
Size and the Number Required		U12 Player Boy G	irl 9:00-10:00	\$	
Oize and the Number Hequired		U13 Player Boy G	irl 9:00-10:00	\$	
YS YM YL AS AM AL	•	U14 Player Boy G	irl 10:15-11:15	\$	
TO TWI TE NO NWI NE	Phone:	U15 Player Boy G	iirl 10:15-11:15	\$	
	Thomas	U16 Player Boy G	irl 11:30-12:30	\$	
For Camp Details Contact EIT Athletics	Method of Payment	U17 Player Boy G	irl 11:30-12:30	\$	
Phone: 778-552-6096	☐ Cash ☐ Check	U18 Player Boy G	iirl 11:30-12:30	\$	
Email: headcoach@eitathletics.com Web Address: eitathletics.com	□ Gleck		Total:		
	Signature				

Liability Waiver



Liability Release and Indemnity Clause:

The undersigned, in consideration for the participants right to participate, assumes all risks and hazards incidental to the conduct of EIT Athletics and Chilliwack Football Club's training activities. We hereby release, absolve, and not hold liable: EIT Athletics, Chilliwack Football Club, the equipment used thereof, William Colin Jenks and each of his respective coaches and trainers of all liability for injuries, loss and damages of all and every description which may be suffered by ______ (son/daughter) in connection with his/her participation in the EIT Athletics training program. I acknowledge, having read this liability release, and that I am of full age and my acceptance of the above Liability Release and Indemnity Clause as indicated by my signature:

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Signature of Witness:

