

Speed, Agility and Quickness Soccer Camp

In Conjunction with Chilliwack FC

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



**Excellence in Training
Excellence in Self**

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

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 .

Specific Areas of Focus

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

Program Specifics

Fun With A Purpose!

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

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

Come Prepared to Make New Friends and Have Fun: "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)

Safety Issues:

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

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.

Please Make Cheques Payable to:
EIT Athletics

Please Indicate Required Jersey
Size and the Number Required

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For Camp Details Contact **EIT Athletics**
Phone: 778-552-6096
Email: headcoach@eitathletics.com
Web Address: eitathletics.com

Name: _____

Address: _____

Phone: _____

Method of Payment

☐ Cash ☐ Check

Signature _____

Registration Form

Please **Circle** Boy or Girl and **Indicate** number attending.

<input type="checkbox"/>	U12 Player	Boy	Girl	9:00-10:00	\$
<input type="checkbox"/>	U13 Player	Boy	Girl	9:00-10:00	\$
<input type="checkbox"/>	U14 Player	Boy	Girl	10:15-11:15	\$
<input type="checkbox"/>	U15 Player	Boy	Girl	10:15-11:15	\$
<input type="checkbox"/>	U16 Player	Boy	Girl	11:30-12:30	\$
<input type="checkbox"/>	U17 Player	Boy	Girl	11:30-12:30	\$
<input type="checkbox"/>	U18 Player	Boy	Girl	11:30-12:30	\$

Total: _____

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:

Signature of Parent or Guardian: _____.

Signature of Witness: _____.

