



PVSC EXILES 2009 SOCCER FITNESS PROGRAM U8-U11 & U12-U19

PVSC EXILES Summer Soccer Fitness Program is designed to help players U8-11 and U12-19 reach their optimal fitness level as they prepare for the start of League Competition & Tournaments. The program consists of a variety of high energy workouts that will focus on:

- Agility
- Speed and Quickness
- Core Strengthening
- Mental Strength
- Endurance
- Flexibility
- Plyometrics
- Strength Conditioning

When and Where:

The program will be held on the following dates and times (see schedule below).
Location - Malaga Cove: **U8-11** 9am – 10:30am & **U12-19** 10:30 – 12pm

Costs:

The Fitness Program will feature 2 Camps of 10 sessions each. (1st Camp June 26 – July 17) (2nd Camp July 31 – August 21) You can sign up for one or both camps (if you sign up for both camps you will receive a discount.) 10 sessions (one entire camp) for \$125 or 20 sessions (both camps) for \$200. You can also attend individual sessions @ \$15 per session.

1 camp (10 sessions) \$125.00

2 camps (20 sessions) \$ 200.00

Individual sessions \$ 15.00

**1st Camp Session
(June 26-July 17)**

		Friday June 26 All players @ 12:00-1:30pm Introductory Session
Monday June 29 U8-11 9-10:30am U12-19 10:30-12:00pm	Wednesday July 1 U8-11 9-10:30am U12-19 10:30-12:00pm	Friday July 3 U8-11 9-10:30am U12-19 10:30-12:00pm
Monday July 6 U8-11 9-10:30am U12-19 10:30-12:00pm	Wednesday July 8 U8-11 9-10:30am U12-19 10:30-12:00pm	Friday July 10 U8-11 9-10:30am U12-19 10:30-12:00pm
Monday July 13 U8-11 9-10:30am U12-19 10:30-12:00pm	Wednesday July 15 U8-11 9-10:30am U12-19 10:30-12:00pm	Friday July 17 U8-11 9-10:30am U12-19 10:30-12:00pm

**2nd Camp Session
(July 31-August 21)**

		Friday, July 31 All players 12:00-1:30pm Introductory Session
Monday, August 3 U8-11 9-10:30am U12-19 10:30-12:00pm	Wednesday, August 5 U8-11 9-10:30am U12-19 10:30-12:00pm	Friday, August 7 U8-11 9-10:30am U12-19 10:30-12:00pm
Monday, August 10 U8-11 9-10:30am U12-19 10:30-12:00pm	Wednesday, August 12 U8-11 9-10:30am U12-19 10:30-12:00pm	Friday, August 14 U8-11 9-10:30am U12-19 10:30-12:00pm
Monday, August 17 U8-11 9-10:30am U12-19 10:30-12:00pm	Wednesday, August 19 U8-11 9-10:30am U12-19 10:30-12:00pm	Friday, August 21 U8-11 9-10:30am U12-19 10:30-12:00pm

EXILES Coaches: Frank Corona
(562)239.5546
coronafy@aol.com

Ryan Taylor
(714)585.9863
RLACTF8@aol.com



PVSC EXILES 2009 Summer Fitness Program Registration

Bring completed registration and check made payable to Frank Corona to the first workout.
Please contact Frank Corona prior to the 1st day of training to let him know which session or sessions your child will be attending. E-mail- coronafy@aol.com

Player Information:

Player Name _____

PVSC Team _____

(please check one) **Boy** **Girl** Date of Birth _____ Age _____

Address _____

City/Zip _____

Parent/Guardian(s)

Name _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email _____

I hereby give my permission for the above player to participate in the Summer Fitness Program. I release PVSC EXILES, its officials and members from any liability for any injury or illness due to the player's participation in the above named activity. In the event medical attention is necessary, I authorize the coaches or officials to seek immediate treatment. I will inform, in writing, the coaches and officials of any condition(s) that may affect the player's participation in the activity.

Parent/Guardian Signature _____

Date _____