

# Soccer Speed Training



# With Mike Karns

## For Varsity Boys & Girls Soccer Players

**Camp Director:** Mike Karns [mkarns@wflboces.org](mailto:mkarns@wflboces.org)  
Pal-Mac Girls Varsity Soccer Coach  
Certified Speed, Agility, and Quickness Specialist  
ICA Fitness and Conditioning for Soccer Certification

**Camp Week:** Monday August 15 – Friday August 19

**Session Length:** 2 Hours – 9:00-11:00 AM

**Place:** Bullis Park – Canandaigua Rd; north of Rt 31

**Cost:** \$50 cash; \$55 check

### **Camp Focus:**

- Improving Foot Speed
- Improving Speed of Thought
- Soccer Technique
- Soccer Tactics
- 1v1 Moves
- Fitness & Conditioning

**For Varsity Boys & Girls Soccer Players**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Emergency phone \_\_\_\_\_ Grade Entering \_\_\_\_\_

Email \_\_\_\_\_

I understand that participating in athletics and other camp activities involves a risk of injury, illness or other harm. All such risks are being assumed knowingly and voluntarily, including but not limited to those associated with travel to and from camp activities.

I will not hold Mike Karns, the Macedon Recreation Department or anyone else involved with the Soccer Speed Training responsible for any injury or other harm that result from participation in the camp.

I understand my primary insurance coverage will be utilized for all medical claims.

Parent or Guardian Printed Name \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_

**Send form and payment to:**

**Mike Karns**  
**57 Clifton Street**  
**Manchester, NY 14504**

**8/15 - 8/19**

