

Soccer Speed Training



With Mike Karns

Camp Focus:

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

For JV & Varsity Boys & Girls

Camp Director: Mike Karns
Pal-Mac Girls Varsity Soccer Coach

Email: mkarns@wflbooces.org

Certified Speed, Agility, and Quickness Specialist,
ICA Soccer Fitness and Conditioning

Camp Week: Monday August 14
thru Friday August 18
9:00-11:00 AM

Where: Bullis Park, Marina Parkway,
Macedon NY, 14502 (off of Canandaigua
Road)

Cost: \$50 Cash/\$55 Check



Send form and payment to: Mike Karns, 57 Clifton Street, Manchester, NY 14504

First Name _____ Last Name _____ Grade Entering _____

Address _____

City _____ State _____ Zip Code _____

Phones: Primary: _____ Secondary: _____ Emergency _____

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 Town of Macedon, 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 _____

Signature _____