

Dynamic Soccer Solutions, Inc.
P.O. Box 452
Lockport, IL 60441

Flex-Wick
Soccer Training System

2008
Summer
Soccer
Camp

Session I: June 9—July 16

Session II: July 21— Aug. 21



Training
Systems for
Soccer Specific
Fitness &
Development

2008
Flex-Wick
Soccer Training System
Summer Camp

Don't miss out on being
trained by the
best!

Coaching Staff:

- **Alex Hernandez:** USSF "A" license, IYSA Licensing Staff, Chicago Fire Academy Staff, Region II ODP Staff, former USSF National Staff Coach
- **Kevin Wickart:** "D" License, coaching 10-years in the Chicagoland area. Played on U18 National Team, Boulder Rapids Reserves, Chicago Fire Reserves and Division I Collegiate soccer for Wake Forest and St. Louis.

- **Technical Soccer Skills**
- **Tactical Applications**

Technical skills will focus on dribbling, passing, receiving, shooting, defending and heading. Tactical applications will focus on combination play, support play, defending in small groups, and a variety of other topics.

- **Speed & Agility**
- **Strength & Condition**

Players will be trained in a variety of speed, strength and agility Exercises including ladder work, plyometrics, and core strengthening. It is vital to integrate this type of training in order to fully maximize player development."

Monday & Wednesday

Ages 8-10	2:00—3:15 p.m.
Ages 11-14	3:15—5:00 p.m.
Ages 15-18	5:30—7:30 p.m.

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Camp Registration Form

(One form per attendee)

Ages 8—10	\$175.00 / per session
Ages 11-14	\$200.00/ per session
Ages 15-18	\$225.00 / per session

Player Name

Address

Home Phone

Cell Phone

E-mail address

Boys/Girls—age group(s)/Club play for

Registration Deadline

May. 1, 2008

Make checks payable and mail to:
Dynamic Soccer Solutions, Inc.

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Lockport, IL. 60441

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www.dynamicsoccer.org