



REAL TRAINING



Soccer Speed Camp

(Optional Pre-Season Training Opportunity)

2 days per week

@ CU Balch Fieldhouse on the CU Boulder Campus (Indoor Track)

Mondays and Wednesdays @ 6:00pm – 7:30pm

(Price = \$400)/ 16 Sessions

Developing game changing **speed** is a skill. Speed, agility and quickness can be learned just like trapping, passing and dribbling. This is your invitation to join us. Who are we? Highly Competitive National Caliber Youth Athletic Educational Program that is designed to complement your sport. A USATF Junior Olympic Development Program. Our Reactivity Camp will, help increase overall awareness, technique, positioning, mobility (flexibility), and injury prevention. Get ready for the spring Soccer or simply “Get Faster”, Get in Shape”, Stay in Shape

December Sessions:
5th, 7th, 12th, 14th, 19th, 21st

January Sessions:
2nd, 4th, 9th, 11th, 18th, 23rd, 25th, 30th

February Sessions:
1st, 8th, 13th, 15th

- **First Step Reaction**
 - **Power**
- **Putting on the Brakes**
 - **Acceleration**
 - **Agility**
- **Multi Directional Speed**
 - **Quickness**
- **ACL Injury Prevention**

Late Practices will be on the following Monday dates.
Jan: 9th, 23rd, 30th
Feb: 13th
From 7:30 -9pm

Each player will learn take home skills they can practice on their own and with their team to become the best they can be. Athletes please wear loose athletic clothing and be sure to bring a water bottle.

Financial Assistance – REAL Training aims to help athletes reach their potential both on and off the field, while not excluding an athlete that may lack financial means. Please contact Maurice Henriques @ mhenriques45@yahoo.com for more information.

Please complete and sign the entire form below - Pre-registration required - All payments with the form below must be received by **Dec 5th, 2016**

Athlete's Name _____ Age _____ Male _____ Female _____

Parent's Name _____ Phone _____ Cell _____

Email Address _____

Street _____ Town _____ Zip _____

Please include your check for \$400 made out to REAL Training

For and in consideration of the Athlete, _____, for whom I, _____ (Name), am the legal guardian of, being accepted into, I state and promise as follows: My child is mentally and physically capable of participation in all training. My child's participation is voluntary and I voluntarily permit my child to participate. My child's participation in training is an inherently dangerous activity and that the risk of participation include, but are not limited to, falls, collisions, cuts, broken bones, strains, torn ligaments, concussion and while highly unlikely, possible death. I hereby, for myself, my child, our heirs, administrators, executors, personal representatives and assigns, forever waive, release and discharge any and all rights to claims for damages and losses, whether monetary or otherwise compensatory, that I or my child may have against: (i) REAL Training, LLC and its directors; (ii) executive directors, owners, managers, officers, employees, members, representatives, and agents; (iii) all coaches, participants, organizers, supervisors, planners, and volunteers; and (iv) all city, county and state governments for any and all injuries sustained by me or my child arising out of association with, entry in, or participation in the training and any and all training activities. REAL Training recommends that your child be examined by his/her physician before participation in any and all training activities. I hereby approve of my child's participation with REAL Training.

Champion's Name _____ Date _____

Parent/Guardian Signature _____