

Indiana Soccer *GET FAST* Speed Training is coming this summer!

Dale Boring is the Founder and Director of GET FAST Camps. He has a Master's Degree in Exercise Physiology and is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA). With a background in track and field, Dale has 15 years of experience coaching and instructing athletes of all ages, genders and sports. He has a passion to help athletes of all skill levels to become the best that they can be, both on and off the athletic field.

This will be the third year that we have brought Dale and his camp to Indiana.

WHO?

Any soccer player in Indiana Area School District in Grade 7—12 for the 2010-2011 school year

*IASB reserves the right to deny participation to those that are not planning on playing soccer in the fall.

WHEN?

Eight week session running from June 14, 2008 to August 4, 2008

Sessions will be Monday & Wednesday, 8:15am—9:30am

Speed camp will NOT be canceled during the weeks that the sr. high boys and girls go to team camp.

Attending the Senior High Team Camp counts for 2 of the 12 days attendance for speed camp.

WHERE?

Indiana Area Senior High

COST?

IASB is supplementing the cost of the speed camp so it will only cost participants \$60.

Players will submit a \$60.00 check payable to Indiana Area Soccer Boosters (IASB).

\$50 will be returned to players who attend at least 12 of the 16 sessions

(attendance will be taken each day)

Players who **attend less than 12 sessions** will pay the full \$60.00 (it's still a bargain).

QUESTIONS?

Contact Todd Myers

724-465-9065

DUE DATE: June 1, 2010

-----detach & return with payment-----

Player Name: _____ Phone # _____ Grade (Fall 2010) _____

I understand that my \$60.00 deposit will be held by IASB until the end of *GET FAST* Speed Training and \$50 will be returned to me if I attend a **minimum** of 12 of the 16 sessions. I also understand that attending the team camp counts for my attendance at speed camp. If I attend **less than** 12 of the 16 sessions, I will pay the full \$60.00 fee and IASB will retain my check as payment.

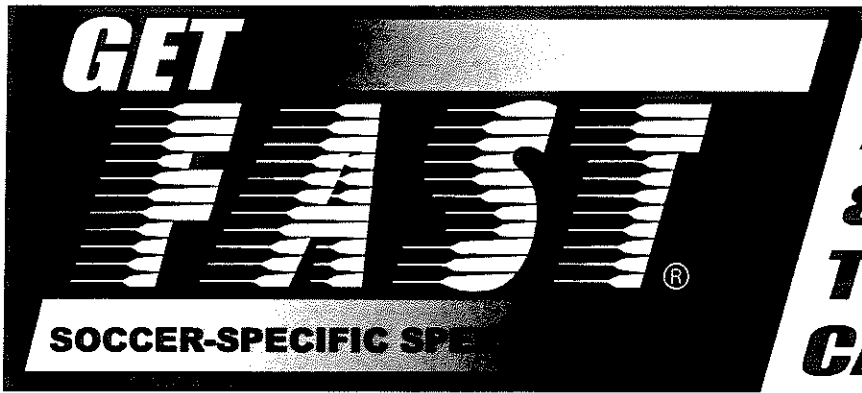
Player Signature

date

Parent Signature

date

Please submit both speed camp forms and a check payable to "IASB" in the amount of **\$60.00** by June 1, 2010 to **Robin Rosenberger, Registrar, 735 East Pike Road, Indiana, PA 15701**



FOOTWORK AGILITY & SPEED TRAINING CAMPS

GET FAST CAMP IS FOR:
Indiana Soccer Players entering grades 7-12

- GET FAST CAMP WILL:**
- Dramatically improve soccer speed and quickness.
 - Provide a scientific, proven approach to speed training.

INSTRUCTOR: Dale Boring, M.Ed.

Dale has recently provided speed training for the following championship teams: He has also trained many section championship teams and numerous All-Section, All-WPIAL and All-State athletes.

- 2008 Post-Gazette Player of the Year
- 2008 WPIAL and PIAA Semi-Finalist
- 2005 AAA WPIAL and PIAA Girls Soccer Champions
- 2005 Section 2-AAA Girls Soccer Champions
- Both Section 7-AAA Girls Soccer Co-Champions
- 3 WPIAL AAA Quarterfinalists in 2005
- 2 WPIAL AAA Semi-Finalists in 2005

SPEED THRILLS!

Endorsed by:

**INDIANA
SOCCER
BOOSTERS**

PROGRAM LENGTH:

Sessions are 75 minutes long, twice weekly for 8 weeks

LOCATION:

Indiana High School

DATES/TIME:

Mondays and Wednesdays
Beginning Monday 6/14
8:15-9:30 AM

COST:

\$60 per Athlete

FAST CAMP REGISTRATION FORM

Athlete's Name _____ Age _____ Grade _____

Parent's Name _____ Phone (_____) _____

E-mail Address _____

Address _____

City _____ State _____ Zip _____

I certify that I am the parent/guardian of _____ and am over 18.

Signature of Parent/Guardian _____ Date _____

In consideration of acceptance of my child in the Athletic Training Program outlined above, I hereby for myself, my child, their heirs, executors and administrators waive and release any claim we may have for damages against The Athletic Advantage and its officials, officers, employees or representatives, or their successors or assigns for any and all injuries that my child may incur while or as a result of participating in the above said program. I also certify that my child has been checked by a licensed medical doctor within the last year and is in good health. The Athletic Advantage makes no guarantees that the athlete participating in this program will never get injured.