

Indiana Soccer *Get F.A.S.T.* Speed Training is coming this summer!

Dale Boring is the founder and President of The Athletic Advantage, LLC and the Get F.A.S.T. 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 more than 10 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.

WHO?

Any soccer player in Indiana Area School District in Grade 7—12 for the 2009-2010 school year
or
Graduating 2009 Seniors who will be playing college soccer this fall.

*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 15, 2008 to August 5, 2008

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

The actual dates are June 15, 17, 22, 24, 29, July 1, 6, 8, 13, 15, 20, 22, 27, 29 and August 3 and 5.
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, 2009

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

Player Name: _____ Phone # _____ Grade (Fall 2009) _____

I understand that my \$60.00 deposit will be held by IASB until the end of *Get F.A.S.T.* 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 this form and a check payable to "IASB" in the amount of \$60.00 by June 1, 2009 to **Robin Rosenberger, Registrar, 735 East Pike Road, Indiana, PA 15701**