

Online Registration at
www.hornetssoccercamp.com

Mail Registration to:

**Hornets Soccer Camp
20 Pheasant Lane
Attleboro MA 02703**

*Make Check Payable to: **Hornets Soccer Camp***

Cost \$125 (\$100 prior to June 15)

Name: _____ M/F: _____
Address: _____
City: _____ Zip: _____
Age: _____ Date of Birth: _____ Current Grade: _____
High School: _____
Home Phone: _____
Work or Cell Phone: _____
Parents' Names: _____
Email Address: _____
Primary Care Physician: _____
Address: _____ Phone: _____
Insurance Provider: _____

Please list and explain any allergies, recent injuries or other medical conditions that the staff must be aware of. Please list any restrictions to participation.

I hereby authorize the staff of the Hornets Soccer Camp to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release Hornets Soccer Camp and its staff from any and all liability for any injuries incurred while at the clinics. I understand that participation in soccer and all other clinic activities carries with it some risk of injury. All medical expenses incurred will be responsibility of the attendee or the attendee's family. I understand that any medication to be administered to a child during the clinics must be administered by a parent, other adult, or sibling duly authorized by the parent in writing (contact the Clinic administrator for details). Hornets Soccer Camp is not responsible for personal items that are lost, stolen or damaged. I understand the Clinic retains the right to use any photograph, videotapes, motion picture recording or any other record of the event for publicity, advertising or any legitimate purpose. I understand and accept Hornets Soccer Camp's no refund policy and returned check fee of \$25.

Signature of Parent/Guardian: _____

**HORNETS SOCCER CAMPS & CLINICS
C/O KEVIN SMITH
20 PHEASANT LANE
ATTLEBORO, MA 02703**

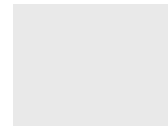


FitClinics 2012

**Open to athletes of
any sport!**



address here



FITCLINICS

Head Staff

Tim Selmon

Mansfield High School Assistant Football Coach

Director of Speed and Strength Development Program at Mansfield HS.

BA & MS in Health and Physical Education from Virginia Tech University, 4 year member of the VT Football team, Personal Trainer at VT Health and Fitness Club, Assistant Strength and Conditioning Coach for the entire VT athletics program.

Kevin Smith

Mansfield High School Girls Varsity Soccer Coach

Director of Coaching for Nova Premier Soccer Club

IYCA High School Strength and Conditioning Certification, USSF National C License, NSCAA Advanced National Diploma, NSCAA National Diploma, NSCAA Goalkeeper Level 1 Diploma, NSCAA Special Topics Diploma, former collegiate player, NCAA Regional Academic All American Hon Mention, 2 NCAA Finals Fours, former semi-professional player

There may be other college and high school coaches on staff throughout the summer sessions.

Clinic Schedule

Dates	Time	Location
Tues & Thurs July 17 - August 9 8 sessions	5-6:00pm	Mansfield High School

Summer FitClinics

Boys and Girls Ages 13-20

Open to Athletes of ANY Sport

Cost: \$125 (\$100 before June 15)

Register online at:

www.hornetssoccercamp.com

Bring: sneakers and water

Need more info?

Director@hornetssoccercamp.com

Advanced FitClinics

Looking for a way to prepare physically and mentally for your upcoming high school, club or traveling season?

Look no farther!

FitClinics are for YOU!

Curriculum

Training will focus on the following:

1. Developing and enhancing speed, quickness and agility
2. Sprinting form and teaching proper way to run
3. Injury prevention and structural development
4. Developing foundations as well as advanced concepts of speed development and jumping development

Speed Development:

- Sprint Mechanics
- Explosion Drills
- Assisted Speed Development
- Resisted Speed Development

Quickness Development:

- Quick Foot Drills
- First Step
- Starting and Stopping Quickness
- Acceleration Development

Agility Development:

- Change of Direction
- Balance Training
- Explosive Maneuvering
- Start and Stop Acceleration and Explosion

Jumping Development:

- Plyometrics
- Jumping Drills
- Resisted and Assisted Jumping
- Jumping Mechanics