

# CBC SOCCER CAMP

This year, CBC will offer three separate camps. Missouri State Rules limit an athlete to no more than two weeks of a school-sponsored camp in any particular sport. All sessions will take place at CBC.

Cost per session is \$50 per person (\$100 for both weeks)

## FRESHMAN CAMP

June 29 - July 2

8 - 10 a.m.

Technical development of individual skill, tactical progressions of 1v1, 2v1, 2v2, 3v3, 3v2 and technical-tactical drills of game-related situations will be offered to help player development. All work is geared toward the High School level of play and will reflect the style of play employed by CBC's soccer program.

## SOPH., JR., SR., CAMP

June 29 - July 2

11 a.m. - 1 p.m.

Accelerated level of play with the speed of thought and action increased to a varsity level of play. The session will resemble a typical week of varsity preparation. The standard of play will reflect that which is expected at the varsity level.

## Coordination & Speed Training July 6-9

8 - 10 a.m.

The emphasis will be placed on proper running technique, body control, balance, and acceleration. All activities will be soccer-specific and aimed at improving the player's ability to become a more effective player. Coordinated movements to increase balance and explosive speed will be emphasized. **PLAYERS AT ALL GRADE LEVELS ARE ENCOURAGED TO PARTICIPATE IN THIS CAMP.**

### CHECK APPROPRIATE SESSIONS:

JUNE 29-JULY 2  
(FROSH ONLY)  
(8-10 a.m.)

JUNE 29-JULY 2  
(SO., JR., SR. CAMP)  
(11 a.m. - 1 p.m.)

JULY 6-9  
(COORD. & SPEED)  
(8-10 a.m.)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

T-SHIRT SIZE: M L XL

### LIABILITY RELEASE: (MUST BE SIGNED BY PARENT OR GUARDIAN):

I assume liability for my son during the time he is attending the CBC Soccer Camp in the event of injury or accident. I will release CBC, Terry Michler, and the staff of the CBC Soccer Camp from any and all liability.

\_\_\_\_\_  
Parent Signature

Please make all checks payable to: TERRY MICHLER, 2875 Wellington Dr., Florissant, MO 63033.  
Call (314) 831-5679 for more information.

