

BSA Speed and Agility Camp

A Preparation for the Fall 2022 Season

Date: Monday, August 1 --Thursday, August 4, 2022

Time: 9:00am-10:00am

Ages: Players born is year 2014 thru 2004

Location: BSA Soccer Complex

Price: \$90

This is a program to get athletes prepared for the fall season. It is focused on building an explosive first step with and without the ball. Athletes are in situations to create dynamic multidirectional exercises to create quick and explosive movements and improve overall strength. The goal of the program is to increase quickness, enhance coordination, maximize speed, and develop an all-around improved fitness level.

Coaching Staff: BSA Directors of Coaching, Richard Markham and Allison Sanyi.

Registration Deadline: July 25, 2022.

Online Registration: Visit www.bsasoccer.org to complete registration. Register quickly to guarantee a spot!

Inclement Weather Policy: Participants will be emailed by 8am if there are any weather issues. We will make every effort to reschedule, but we may not be able to do so. Refund requests must be in writing prior to July 25, 2022. Refund request are subject to a \$10 cancellation fee. No refunds after July 25, 2022.

What to bring: Players need to wear cleats and bring a ball and water.

For More Information: Contact Richard Markham at rainham1970@yahoo.com or 563-321-1962 or Allison Sanyi at Allison.sanyi@gmail.com or 563-349-9454.