



Preseason Soccer Camp August 16-20, 2010

Where – Dorset Park in South Burlington

Ages – Players heading into high school

Times – 9:00am to 12:00pm

Cost – \$150.00 per player

The **Pre-Season Camp** rounds out our menu of summer programs for older players as high schoolers set their sights on their fall school season. The camp focuses on preparing the high school player for the rigors of 'preseason' training and high school try-outs.

- Fitness
- Technique
- Goal setting
- Player confidence

These are the four focal points of the camp, as these elements of the game greatly influence a player's performance in preseason and in the season beyond. The Camp prepares players for the rigor of preseason training and equips the player with the tools needed to meet the expectations of high school coaches. All high school aged players, boys and girls, grades 9-12, are invited to enroll and participate in Far Post's Pre-Season Camp. It is a demanding week that prepares players as they begin their high school preseason fit and confident.

All players receive a camp T-shirt and a Far Post ball.

Registration Deadline: Deadline to register is ONE WEEK PRIOR to first day of session. The Far Post Soccer Club office **MUST** receive payment by this date to guarantee registration. Acceptance is on a first come, first served basis until session is full. No refunds after this date. Payments may be made online off the Far Post website or by sending a check in the mail (please make checks payable to Far Post Soccer Club) to the following address:

Far Post Soccer Club
P.O. Box 5575
Essex Junction, VT 05453

To register: Email Todd Kingsbury (todd@farpostsoccerclub.com)