

ADVANCED ATHLETE

STRENGTH TRAINING

SYSA/ECFC SOCCER SPECIFIC STRENGTH, POWER & EXPLOSIVE CAPACITY CAMP

4 weeks, 8 One Hour Sessions; Soccer Specific Strength, Power, and Explosive Capacity Camp for SYSA/ECFC Athletes only! This elite camp is open to athletes of all abilities who possess the drive and determination to take their game to the next level. This is a result-driven, confidence-producing camp. **Hurry as there are a limited number of spots! Each Session will have a maximum of 6 athletes. Register on a first-come first-serve basis at www.advancedathlete.com.**

Camp Details

Location: Advanced Athlete Training Center, North Seattle/Lake City

Cost: \$179 per athlete

Dates: Mondays and Wednesdays, July 14-August 6, 2008

Session:

Session 1

Session 2

Age:

U-13 and under

U-14 and up

Time:

11am-12 noon

1-2pm

Sessions Include:

This elite camp will build the structural foundation for all athletes to pursue soccer at the next level with special emphasis on:

- Balance & Core Stabilization
- Speed & Explosive Capacity
- Athletic Strength & Power
- Dynamic Flexibility & Injury Prevention

Camp Instructor:

Amanda Potts is an expert in athletic strength and conditioning, and coaches ECFC U-13 boys and U-17 girls. She played for 7 years on an ECFC P1 team, as well three State ODP teams. She played varsity at Edmonds-Woodway High School all four years, making the All-Area and All-Western conference 1st teams each year. She was Captain and received MVP and Coaches awards for three of those years.

Visit us on the web at www.advancedathlete.com

