

11th Annual

August 9-13 • 5:15-8:30PM • St. John Vianney Complex
Cost: \$170

Elite High School Prep Camp

This camp is open to ONLY **75** high school players, including incoming freshmen. The goal of this training is to provide each player with the tools needed to succeed in their high school program. Areas covered are:
***Fitness • Speed • Agility • Core Ball Skills • Game/Practice Prep • Confidence
Ball Striking • Field Awareness***

Although the above list might seem quite simple, we **guarantee** to have each player ready to exceed in the tryout phase and season to follow. We work with each player to help them understand their strengths and weaknesses - and how to develop each. Through this intense training, each player will become more comfortable with the “idea” of the competition that is to come. I have been conducting these sessions for over ten years with outstanding results. Each year our numbers have grown beyond expectations so do NOT wait to reserve your spot!

This event is truly like no other. Our players will work harder than they ever imagined that they could – The training regime is specially designed to break each player down physically by mid-week so that the body recovers stronger and prepared for the first day of tryouts... that flow DIRECTLY off the end of this event. While other players will be vacationing just before the start - ours will be at the top of their game!

Registration Info:

Cost: \$170

Date: August 9-13

Time: 5:15-8:30PM

Location: St. John Vianney Complex
www.exceedsoccer.com

Email: exceedsoccer@comcast.net

Phone: 443.404.9330

