



Vaccaro Soccer High School Readiness Camp De Cou Park

Camp dates: July 26 – July 30, 2010
Times: 830-11:45
Cost: \$100 per player
Ages: High School Students

Our experienced staff consisting of former professionals and collegiate players has designed a camp program that will enhance the skill and fitness of all players serious about preparing for H.S. and College.

The goal of the camp is to provide our soccer players with an educational and challenging experience through a combination of skills and drills that will greatly improve the players' individual abilities.

A large portion of the camp will be dedicated to a speed, agility, strength and conditioning program specifically designed to improve and enhance the athletic performance of all players.

Other important areas to be covered will be nutrition, teambuilding and injury prevention.

Questions or concerns:
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