

BENEFITTING  
COLIN  
FOUNDATION

7th  
ANNUAL



**SPEED & AGILITY**

**SOCCER PLAYERS**  
**2015**

## STAFF:

Jorge Diaz, State Champion Coach (Perrysburg Girls, and Ottawa Hills Boys)

Coaching Staff Includes College Players from UT, BGSU, Valparaiso, and more.

International Staff

**7, 9, 14, 16, 21 & 23**

Mornings: **8:40AM-10AM**

OR Evenings: **6-7:20PM**

**U8 to U15: GIRLS&BOYS**

**WHERE:**

**Rivercrest Fields**

(behind Fort Meigs Elementary School)

**WHAT:**

**Multi-lateral development  
drills (40 min)**

**+ soccer specific drills (40 min)**

**\$72**

FOR 6 SESSIONS  
INCLUDES CAMP T

Speed is trainable! It's not about running the 100 meters... it's about quick reaction, acceleration, changing pace, changing direction, sprint endurance, and coordination. Improve your speed... improve your game

- Off the mark speed
- Acceleration
- Speed endurance
- Speed with ball
- Agility
- Change of direction
- Speed of thought

IF YOU CAN NOT  
MAKE ALL 6 SESSIONS,  
WE WILL BE HAPPY  
TO PRORATE THE COST  
AT \$12 PER SESSION  
OR COME TO BOTH  
SESSIONS ONE DAY

Multi-lateral development is the process of developing a variety of fundamental and general skills that allow children to become good overall athletes. Not only does it prevent too much stress on joints and growing bones, it builds a solid foundation on which specific training can be built in the teenage years.

\* \$12 per camper will be donated to the COLIN Foundation [BeCause Our Love Is Needed], a non- profit organization to help children that suffer from illness, poverty, or significant life challenges.

**Learn more at [colincharity.org](http://colincharity.org)**

NOTE: If you make less than 4 sessions, you don't get a camp t-shirt.

**PLEASE MAIL CHECKS & APPLICATIONS TO: JORGE DIAZ S&A CAMP/COLIN, 13782 ECKEL JCT. RD., PERRYSBURG, OH 43551**  
FOR MORE INFORMATION, PLEASE CONTACT JORGE @ 419.343.3399 OR [pscimpact@yahoo.com](mailto:pscimpact@yahoo.com)

NAME/AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY / STATE / ZIP \_\_\_\_\_

PHONE/EMERG. PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

PARENT NAME/SIGNATURE \_\_\_\_\_

**SHIRT SIZE:**

☐

YM

☐

LG

☐

YL

☐

XLG

☐

S

**SESSION:**

☐

M

☐

MORNING

☐

EVENING