



HIGH SCHOOL STRENGTH & CONDITIONING CAMP

Hosted by Daniel Ferguson and Abbey Keene

“Not everyone makes a high school team; give your body the preparation it deserves!”

The Bozeman Blitz Strength and Conditioning Camp is a two week program designed to prepare incoming high school through college players for their respective seasons. The program focuses on physical conditioning, body mechanics, injury prevention, and excellent soccer instruction.

This camp is run in two parts: the first week, players will be worked hard! Your body will be prepared for the intricacies of a soccer season, as well as put through a good-ol'-fashioned workout each day. Players will finish the week by being given a soccer specific offseason fitness program with instruction on how to increase speed, agility, and conditioning in preparation for tryouts. The second week, players will focus on technical training with the ball, along with position oriented tactical development. The aim of this two-week camp is to give players the best possible start in reaching their ambitions.

Date	Day	Time
July 16th	Monday	8 – 10am
July 17th	Tuesday	8 – 10am
July 18th	Wednesday	8 – 10am
July 19th	Thursday	8 – 10am
Week 2		
August 6th	Monday	8 – 10am
August 7th	Tuesday	8 – 10am
August 8th	Wednesday	8 – 10am
August 9th	Thursday	8 – 10am

All players will be given fitness testing at the beginning and end of this two week program, so players can see the progress from their hard work. It is highly recommended that players attend both weeks, as they will get the greatest benefits from the program.

Players who choose to attend only one week will not have the same advantages as those that do both.

The cost of this two week camp is only \$135

- The cost for one week is \$95
- Sessions will be held at the Bozeman High School soccer fields

To register, please complete this form and mail with payment to:
Abbey Keene
RE: Summer Camp
102 Hoffman Drive #7
Bozeman, MT 59715

Checks can be made out to 'Abbey Keene,' and need to include player's name on memo line. If you have any questions, you can contact Abbey Keene at abbeykeene@gmail.com or Dan Ferguson at daniel.r.ferguson@gmail.com

Final day for registration is July 8th. Please, no late registrations!

Player Name: _____

Gender: _____

Incoming year at school: _____

E-mail and Phone: _____

Emergency Contact's Name and Number: _____

Current Club team (for insurance purposes) _____

