



133 WEST PARKWOOD AVE • FRIENDSWOOD, TX. 77546  
(281) 992-7733



**The Space City FC Soccer Specific Performance Camp** is offered **exclusively** to all SCFC Soccer Student-Athletes who are looking for a camp that will significantly improve athletic performance related to soccer. The camp is a 3 day per week camp which will allow each student-athlete to experience significant gains in speed, agility, strength, power and overall conditioning. The camp is designed to prepare each student-athlete with the skill necessary to realize improvements in overall athletic development and soccer skills performance. An all inclusive injury prevention program will be implemented. The prevention program will emphasize joint stabilization and ACL injury prevention.

**SPACE CITY FUTBOL SOCCER CAMPS @ XCEL PERFORMANCE & FITNESS**

**Camp I - JUNE 7 – July 2 (4 WEEKS)**

**Camp II - July 12 – August 6 (4 WEEKS)**

**DAYS & TIMES: Monday, Tuesday & Thursday**

**AGES: 11-13 YEAR OLDS (GROUP 1) // 14 – 17 YEAR OLDS (GROUP 2)**

**Four (4) CONVENIENT TIMES TO CHOOSE FROM:**

**12:30pm – 2:00 / 1:00PM – 2:30 / 2:00PM – 3:30 & 3:00PM – 4:30**

**Cost: \$180.00 PER 4 WEEK CAMP / \$325.00 FOR BOTH CAMPS (savings of \$35)**

**Call for sibling discounts**

**CAN'T MAKE ALL 4 WEEKS OF CAMP???**

**NO PROBLEM...**

IF YOU NEED TO MISS 1-2 WEEKS OF CAMP, WE CAN SCHEDULE YOU INTO OUR SPORTS PERFORMANCE CLASSES OFFERED 6 DAYS PER WEEK. CALL AND WE WILL SCHEDULE YOU AT A TIME CONVENIENT FOR YOU ANYTIME THROUGH AUGUST 13<sup>TH</sup>, 2010.

**The Camp Includes the Following:**

- Camp T-Shirt
- 3 training days per week
- Specific Testing for all participants 11 years old and up.
- Maximum power development.
- Comprehensive injury prevention program.
- World class speed and multi-directional enhancement programs.
- All training will be done under the close supervision of our Certified Strength and Conditioning Specialists.

**XCELLENCE STARTS HERE!**

