



Soccer Speed Training With Mike Karns

For JV & Varsity Boys & Girls Soccer Players

Camp Director: Mike Karns - Pal-Mac Girls Varsity Soccer Coach

Email: mkarns@wflboces.org Certified Speed, Agility, and Quickness Specialist
ICA Fitness & Conditioning for Soccer Certification



Camp Week: Monday August 5 – Friday August 9

Session Length: 2 Hours – 9:00-11:00 AM each day

Place: Bullis Park – Canandaigua Rd between Rt 31 and Rt 31F

Cost: \$50 cash /
\$55 check

Camp Focus:

- Improving Foot Speed
- Improving Speed of Thought
- Soccer Technique
- Soccer Tactics
- 1v1 Moves
- Fitness & Conditioning

Send form and payment to: 8/05-8/09

U11/U13

Mike Karns
57 Clifton Street
Manchester, NY 14504

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Cell _____

Emergency phone _____ Grade Entering _____

Email _____

I understand that participating in athletics and other camp activities involves a risk of injury or other harm. All such risks are being assumed knowingly and voluntarily, including but not limited to those associated with travel to and from camp activities.

I will not hold Mike Karns, the Town of Macedon, or anyone else involved with the Soccer Speed Training responsible for any injury or other harm that may result from participation in the camp.

I understand my primary insurance coverage will be utilized for all medical claims.

Parent or Guardian Printed Name _____

Parent or Guardian Signature _____

