



# 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@wflbooces.org](mailto:mkarns@wflbooces.org) Certified Speed, Agility, and Quickness Specialist  
ICA Fitness & Conditioning for Soccer Certification



**Camp Week:** Monday August 12 – Friday August 16

**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: 8/12-8/16

VAR/JV

**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 \_\_\_\_\_

