

SPEED, AGILITY, DYNAMIC CORE, & STRENGTH CAMP FOR ATHLETES OF ALL LEVELS

Be the first to every ball with improved footwork, stability, and soccer specific strength. Camps are open to boys and girls of all ages and abilities.

Camp Details

Location: Shoreline Stadium

Cost: \$35 per session

Session 1 (Half Season)

July 7th-30th Wed, Fri

8 total sessions

Session 2 (Full Season)

July 7th-Aug 27th Wed, Fri

16 total sessions

***Discounts for Full Season**

Times: *U11-U-13 1pm, * U14-U18 2pm * There are a limited number of spots, register your athlete today.

Sessions Include:

- * Balance and Stability**
- * Speed, Agility, and Quickness**
- * Dynamic Core Strength and Power**
- * Dynamic Flexibility**

Camp Instructor:

Amanda Potts is an expert in athletic strength and conditioning, and has 17 years of soccer, and sport specific training experience. She is the head Girls Varsity coach and Assistant Boys Varsity coach for Inglemoor H.S. And also coaches the F99, F93 Green teams for Emerald City F.C. She played for seven years on an ECFC P1 Green team, as well as three State ODP teams. She played varsity at Edmonds-Woodway High School all four years, making the All-Western Conference and All-Area 1st teams each year. She was captain and received MVP and Coaches awards for three of those years. She went on to earn a soccer scholarship to Carroll College.

The camp purpose is to build the structural foundation for all athletes to pursue their sport at the next level.

Sign your team up today!

Coach Potts:www.eliteathperf.com, doggytrotters@yahoo.com, (425)750-1063