



WDMSC Speed Training Camp

Soccer is one of the most demanding of all sports because it requires players to possess a myriad of physical attributes. Without doubt, in order to be successful in the modern game **soccer specific speed** is essential. Therefore, in order to provide players with the best opportunity to succeed, WDMSC will be offering a summer speed and agility training program.

Speed Training Instructors

Lindsey Anderson, BS, and Certified Strength and Conditioning Specialist - Lindsey is the Performance Enhancement and Fitness Director for Physiotherapy Associates. She was a scholarship athlete at Iowa State where she graduated with a bachelor's degree in Exercise and Sports Science. During her studies Lindsey also served as the Assistant Director of Sports Performance for Advanced Fitness & Performance, where she worked with the ISU strength and conditioning staff and various team at ISU.

Speed Training Camp Information

Dates: July 12th-August 6th 2010

Time: 5:30-7:00pm on Monday, Wednesday and Friday evenings

Location: Hidden Valley Soccer Complex

Cost: \$125/athlete (12 total training sessions)

Age group: 10 years and older



Training Program Objectives

The program will focus on developing fundamental warm-up, sprint mechanics, coordination and agility. The athletes will achieve improvement in first step quickness, acceleration, explosion and change of direction. Soccer-specific skills will be implemented into the speed and agility techniques as the athlete progresses through the program. The participants of this clinic will also learn that to be successful, they will have to learn to hard work, maintaining a healthy diet and sustaining a positive attitude!

Registration Form

Name: _____ **M/F:** _____

Age: _____ **Date of Birth:** ____/____/____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Parent(s)/Guardian: _____

Email: _____ **Phone:** _____

Emergency Contact: _____

Cell Phone: _____ **Work Phone:** _____

Make checks payable to: West Des Moines Soccer Club

Mail completed form to: West Des Moines Soccer Club, P.O. Box 27008 West Des Moines, IA 50265

