

REAL COLORADO EDGE SOCCER CLUB



PERFORMANCE SUMMER CAMPS



PLAYERS BORN 2009 - 2000 BOYS & GIRLS

Dates:

- 1st Session: June 10th – June 26th
(Mondays/Wednesdays)
- 2nd Session: July 1st – July 17th
(Mondays/Wednesdays)

Times:

- 6:00 – 7:15 PM – 2009 and 2008 Boys and Girls
- 7:15 – 8:30 PM – 2007 and older Boys and Girls

Location: Long Lake Ranch Park (East Turf Fields)
17850 W 64th Ave, Arvada, CO 80403

Cost: \$125 per session or \$240 for both sessions

Questions?

Please contact: Colin Mullaney
colinm@edgesoccer.net or 303-403-0902 x104

REGISTER NOW: www.edgesoccer.net and choose
“Register Now” on Home page

RCE PERFORMANCE TRAINING

Real Colorado EDGE is proud to continue Performance Training during six weeks this Summer!

Performance training is an important aspect to creating a well-rounded athlete. Players will endure strength, balance, speed, agility, mental strength, and ball skill activities throughout their journey in RCE Performance programming.

The training will be conducted in two, three week sessions. Players can register for one session or both sessions. Trainings will be held twice per week on Mondays and Wednesdays. Each class will be 75 minutes and will include performance training as well as a ball skill aspect.

Each class will be designed and led by David Lustro who has a strong background in training athletes and is a Certified Strength and Conditioning Specialist.