

AUGUST SOCCER SPEED SERIES



It's that time again! Season is right around the corner and VELOCITY is here to get you ready!!

WHAT: Pre-Season Soccer Speed Series consisting of 10 soccer specific speed and agility sessions brought to you by Cal South and Velocity Sports Performance. Available to Cal South Players ONLY!!

DESCRIPTION: The Nike SPARQ Series offered by Velocity Sports Performance will focus on improving your Speed on the field and to the goal, your Power on the ball, your Agility in moving around other players, your Reaction time and Quickness. This is an opportunity for Cal South players to train with Velocity's elite performance coaches who have trained collegiate and professional soccer players

WHERE: Velocity Sports Performance, Irvine
40 Tesla Suite D, Irvine, CA, 92618

WHEN: August 4th – August 29th, 2008

DAYS: Monday, Wednesday, Friday

TIMES: Noon OR 4:15pm (ages 8-11)
12:15pm OR 4:15pm (ages 12+)
Sessions 1 Hour

Cal South Member Cost: \$199
(Regularly Priced: \$299)

To Register:

Phone: 949-387-7333

Online: www.velocitysp.com/irvine (Under Programs)

