



# High School Girl's Training Camp With Twellman Soccer Winter 2010



## Winter Training At Velocity.....

Take advantage of this unique opportunity to receive both performance training and soccer specific skills training from the professionals. Velocity Sports and Twellman Soccer have teamed up to bring you a winter soccer training camp.

The camp is designed to give you an advantage on the field. You will be quicker/faster to the ball coupled with efficient agility from the performance training provided by VSP. Participants will also receive skills training with Twellman soccer(right) & guest coach Lori Chalupny(below - coaching 2 Saturday sessions), emphasizing individual skill development.

This is a great opportunity to improve a player's overall soccer ability, game awareness, and conditioning levels in a competitive environment.



*Tim Twellman - Twellman Soccer*



*Lori Chalupny - St. Louis Athletica  
Guest Coach*

### Velocity Performance Training

**Location:** Velocity Sports Training Center

**Dates:** February 2, 4, 9, 11, 16, 18, 23, 25

**Days:** Tuesday and Thursday

**Times:** 4:15 - 5:15pm (session 1)  
7:30 - 8:30pm (session 2)

Participants must choose 1 session and train in that session  
for the duration of the camp.

Maximum of 20 Athletes Allowed per Session!

## Camp Agenda.....

### Twellman Soccer

**Location:** Velocity Sports Training Center

**Dates:** February 6, 13, 20, 27

**Day:** Saturday

**Times:** 9:00 - 10:00am (session 1)  
10:00 - 11:00am (session 2)

Participants must choose 1 session and train in that session  
for the duration of the camp.

Maximum of 20 Athletes Allowed per Session!

## How To Sign Up.....

Log on:  
[www.velocitysp.com/chesterfield](http://www.velocitysp.com/chesterfield)

Click --> "Press Box" Tab

Select--> "Articles"

Select--> "H.S. Girls Winter Soccer Training Camp  
with Twellman Soccer"

Click --> "Register for Camp" Link (bottom of page)

## Camp Pricing.....

Total Cost: \$180 (plus tax)

12 total sessions = \$15 per session



Velocity Sports Performance  
17363 Edison Avenue  
Chesterfield, MO 63005