

MAXIMORE SOCCER CLINIC PRESENTS AGILITY AND SPEED TRAINING 2009

Wilbert Maximore, Robbie Mitchell and a staff of coaches will conduct the training.

The training will focus on ply metric, flexibility, conditioning, agility, speed development, strength training, balance and coordination while challenging the players to reach their highest potential.

COST: \$85 per player for camp of 10 session / \$25 per player per session

Blitz United Players: \$55 per player for camp of 10 session /

\$15 per player per session

LOCATION: Alsuma Soccer Fields, 51st Street & Mingo Rd., Tulsa

CONTACT PHONE: 298-5976 or 695-0000

WHAT TO BRING: Running or indoor shoes and water.

10 Sessions

{ **Camp Date: July 7, 9, 11, 14, 16, 18, 21, 23, 25, 28**

{ **Academy Time: 6:00– 7:00 pm; Sat. 8:00 – 9:00 am**

{ **U11- UP Time: 7:15 – 8:30 pm; Sat. 9:10 – 10:25 am**

----- Cut and mail with check payable to: -----

W. H. Maximore

P. O. Box 701315

Tulsa, OK 74170-1315

Player's Name: _____ **Date of Birth:** _____

Address: _____

City: _____ **State:** ____ **Zip:** _____ **Age:** ____ **Gender:** _____

Parent/Guardian: _____

Phone: home: _____ **cell:** _____ **work:** _____

Emergency number: _____ **Email:** _____

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