



U-TURN SOCCER

INSTRUCTORS

DIRECTOR OF SOCCER/FUTSAL

Greg Simmonds
804.358.2775 ext. 25
greg@u-turn.org

- C**"A" License Coach
- P**9 Pro. Teams
- P**D.C. United
- P**Miami Fusion
- P**Puerto Rico Islanders
- S**Howard U. (3x MVP)

PERFORMANCE SPECIALIST

Trevor Spencer

- C**"B" License Coach
- C**12 yrs experience
- C**US Soccer Academy

- C**ertified
- P**rofessional
- S**tudent athlete
- C**oach

CAMPS INCLUDE

- U-TURN staff/trainers
- Visiting collegiate student-athletes

U-TURN SOCCER



Summer Camps 2010



- Experienced, professional soccer instruction by:
 - U-TURN** Director of Soccer Greg Simmonds
 - U-TURN** Performance Specialist Trevor Spencer
- Current coaching methods and training techniques from around the world
- Fun, challenging games for individuals and groups

TECHNICAL SKILLS

Develop individual technical soccer skills including 1-v-1 moves, fast footwork, shielding, passing, shooting and heading the ball.

DEFENSIVE SKILLS

Learn how to position your body, contain the attack, force opponents off-sides, win the ball and defend in 1-v-1 and game-playing situations.

FINISHING SKILLS

Scoring goals is a well-documented deficiency in the modern player. Learn to position your body, shield the defender and finish on goal.

TRAINING SKILLS

An hour each day focuses on the importance of stretching and teaches exercises that develop speed, agility, strength and conditioning.

Call **U-TURN** Director of Soccer/Futsal, Greg Simmonds, for more details.

U-TURN SOCCER Ask about our year-round Futsal leagues, camps and tournaments.

Summer Camps 2010 | U6 - U14 | Mon - Fri | Early Registration: \$135 | Walk up: \$160

SC	Dates	Time	Gender
SC 1	June 28 - July 2	9 AM - Noon	Co-ed
SC 2	July 5 - July 9	9 AM - Noon	Girls
SC 3	July 12 - July 16	9 AM - Noon	Co-ed
SC 4	July 19 - July 23	9 AM - Noon	Co-ed
SC 5	July 26 - July 30	9 AM - Noon	Co-ed

Summer Invitational Camps 2010 | U9 - U14 | *By invitation only* | \$175

Contact Greg Simmonds, Director of Soccer/Futsal, for more information.

Early morning drop-off 7:30 AM | Late pick-up 12:30 PM

REGISTER ONLINE AT WWW.U-TURN.ORG

A nonrefundable deposit of just \$25 will reserve your spot!

U-TURN SPORTS PERFORMANCE ACADEMY ♦ 2101 Maywill Street ♦ Richmond, VA 23230 ♦ 804.358.2775

Each registered athlete will receive a complimentary sports bag and t-shirt.

\$10 off for each additional family member! Contact customer service (ext. 32) for details.

U-TURN SOCCER Summer Camps 2010 REGISTRATION AND PARENT/GUARDIAN INFORMATION

		\$135					SUBTOTAL FOR EACH ATHLETE
		SC1	SC2	SC3	SC4	SC5	
Athlete #1:	Age:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
Athlete #2:	Age:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
Athlete #3:	Age:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
Parent/Guardian:	Daytime Phone:						TOTAL AMOUNT ENCLOSED
Address:	Home Phone:						
City, ST ZIP:	Email Address:						\$

Mail this form with a check made payable to: **U-TURN Sports Performance Academy** ■ Attn: Greg Simmonds ■ 2101 Maywill Street ■ Richmond, VA 23230