



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

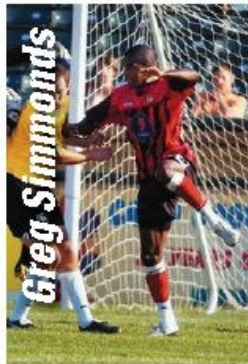
- U-TURN staff/trainers
- Visiting collegiate student-athletes

U-TURN SOCCER



Richmond Christian Summer Soccer Camp

June 21-25, 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.

Richmond Christian Summer Soccer Camp

Early Registration: \$150 | Walk up: \$175

Location: Richmond Christian School

June 21 - 25

Mon - Fri

8 AM - Noon

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 Richmond Christian Summer Camp 2010

Early Registration: \$150 | Walk up: \$175

**SUBTOTAL
FOR EACH
ATHLETE**

Athlete #1:

Age:

\$

Athlete #2:

Age:

\$

Athlete #3:

Age:

\$

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