

# Soccer

*teamwork*  
*small sided games*  
*coordination*



*plyometrics*  
*training exercises*  
*agility*

# Speed Training

TRAINERS:           **EDDIE PIERON**                   **BRIAN CAMERON**  
                          **VARSITY BOYS**                   **VARSITY BOYS**  
                          **WEST ISLIP H.S.**                   **WEST ISLIP H.S.**

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LOCATION:            **MANETUCK ELEMENTARY SCHOOL**

DATES:             **JULY 7, 9, 14, 16, 21, 23, 28, 30**

TIMES:             **TUESDAYS AND THURSDAYS**  
                          **(BOYS GOING INTO 7<sup>TH</sup> OR 8<sup>TH</sup> 5:00-6:15)**  
                          **(BOYS GOING INTO 9<sup>TH</sup>, 10<sup>TH</sup>, 11<sup>TH</sup> OR 12<sup>TH</sup> 6:30-7:45)**

FEE:                **\$50 PER PLAYER (MAKE CHECKS PAYABLE TO WIABC)**  
                          **MAIL TO: COACH PIERON**  
                                  **12 SHELLY CT**  
                                  **SMITHTOWN NY 11787**

INSURANCE:        **SOCCER INSURANCE IS SECONDARY TO THE FAMILY**  
                          **PRIMARY INSURANCE POLICY.**

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NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ GRADE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

**\*\*SPEED TRAINING IS NOT AFFILIATED WITH WEST ISLIP PUBLIC SCHOOLS\*\***

Summer  2009