



## Winter 2011 – 2012

Speed, Agility & Power for the Game of Soccer

High School Girls ONLY: U15 thru U18

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**Location:** Sheridan Rec. Center, 3325 W. Oxford Ave, Denver, CO, 80236

**When:** Dec. 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> Jan. 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>,

**Day:** THURSDAY'S

**Times:** Between 5.00 - 6.00pm (Arrive 15 min. early)

**Cost:** \$90 per player

**(NOTE: 24 spots ONLY!!!)**

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### Speed, Agility & Power for the Game of Soccer: Class Details:

Speed and agility, two skills that often work in conjunction with each other, play a crucial role in your soccer success. Agility refers to the ability to change direction on the field. Agility depends on quickness, as well as strength, balance and coordination. Speed requires power, stamina and flexibility. Training exercises with a ball can help you get faster and more agile to prepare for the nonstop action of a soccer game.

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The Program & the Class will be conducted by Liam A. Murphy, Founder of RUSoccer LLC. RUSoccer was created to redefine the way the game is taught... **players first**. We do more than simply run drills or teach techniques from a book. RUSoccer treats training as a total learning process... **Mind, Body & Soul**. Yes, we teach conditioning. But we also teach the epic history behind the game. Yes, we focus on the strategies of competitive play. But we also emphasize sportsmanship, teamwork and the core concepts for success in soccer and more importantly, life.

No matter what level your daughter is at, we will take them to the next level. **RUSoccer is for you.**

### RUSOCCER LLC S.A.P Class 2011/12

Players Name: \_\_\_\_\_ Gender: Female Age: U15 U16 U17 U18

Contact person: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

- Players: registration allows **only** 24 spots. First come first served basis
- Full registration and payment needed by: **November 25th, 2011**
- Make Check Payable To: **RUSoccer LLC**.
- Mail Checks & Registrations To: **4605 S. Garland Way, Denver, CO. 80123**
- For more information please contact: [LiamMurphy@rusoccer.com](mailto:LiamMurphy@rusoccer.com) or at 720-440-1341

**Medical Release** - I enroll my child to participate in any and all activities of the RUSOCCER LLC, and I waive all claims against the camp owners, organizers, sponsors, supervisors, coaches, related personnel and employees which might arise as a result of injuries in approved camp activities. I verify that my child has his/her own medical insurance policy, and I have made all arrangements to determine his/her physical fitness to attend camp. I hereby give consent for my child to be medically treated for injuries or illness during his/her participation in camp.

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Signature of Parent or Guardian

\_\_\_\_\_  
Date

