

## Summer Acceleration Camp for Soccer

This camp is designed specifically for athletes looking to increase their speed, agility, quickness and endurance. Athletes will participate in a variety of exercises and drills that will improve their quickness, explosive power, and strength endurance. Athletic Republic staff will combine dynamic flexibility, plyometrics, Olympic lifting techniques, agility drills, and bouts on the Athletic Republic patented “Super” treadmill in an Acceleration Camp geared towards maximizing Soccer movements.

**Camp Dates:** Monday August 1<sup>st</sup> – Thursday August 4th

**Camp Session:** 1:30 pm – 4 pm

**Camp Cost:** \$160 (\$25 non-refundable registration fee – balance paid first day of camp)

**Camp Features:** AGES 8 and UP



- Experienced coaches and trainers
- Patented Athletic Republic Acceleration Training
- Competitive Skills and Drills – separated by ability and skill
- Daily Strategy and Position talk
- Athletic Republic Combine Style Testing – Day #4
- Athletic Republic Camp Shirt

\*\*Space is limited to the first 20 registrations

### Camp Sample Itinerary:

- 1:30 Coaches Chalk talk
- 1:45 Dynamic Warm-up
- 2:00 Plyometric Exercises – Foot Agilities
- 2:45 Treadmill Training and Endurance
- 3:15 Skills and Drills training





Unlevel the playing field.

**Matt Grady** was a 2 year captain at St Mary's College, and was named to their All Conference Academic team 3 years. Matt was the captain of his Walter Johnson H.S. team that won the Maryland State Championship. Matt has worked numerous soccer camps including the St Mary's College camp each year. Matt is a very well respected teacher and player within the soccer community.

### **Athletic Republic Maryland**

**ATHLETICREPUBLIC.COM**

**Athletic Republic** is the industry leader in performance sports training, with science-based programs appropriate for athletes of all ages. Athletic Republic's proprietary training programs are backed by more than 20 years of research on how to help athletes reach their full potential. To date, over 600,000 athletes have taken advantage of individualized, sport-specific training programs to enhance their speed, power and agility to gain more than just a step on their competition. Athletic Republic's expanding franchise network now totals over 160 training centers throughout North America, the United Kingdom, Russia and Japan.

#### **Athletic Republic**

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