

Arlington Travel Soccer Club Presents: SOCCER HORSEPOWER



Who: U13 to U18 and up boys and girls
Dates: August 2, 4, 6, and/or 9, 11 and 13
Times: U13&U14 6:00-7:00 and U15-U18 7:00-8:00
Where: Greenbrier Stadium Aug 2, 4 & 6 and Williamsburg MS Aug 9 and Virginia Highlands Aug 11 & 13
Cost: \$90 per player – Due to staffing requirements, no refunds can be issued.
One Week Option \$50
Register: <https://www.youthleaguesusa.com/orbit/camp/000174/Welcome.html>
Spaces are limited. Priority registration for ATSC registered players through July 17th.

OFF-SEASON TRAINING FUELED BY ONE TO ONE FITNESS

THE AREA'S PREMIER SOCCER CONDITIONING PROGRAM IS DESIGNED TO:

- Enhance the most lethal athletic requirement in the game...explosive lateral cutting
- Reduce non-contact injury potential by improving your ability to decelerate your momentum in all directions
- Develop a better "gear" for the game's most critical distance: 10 yard sprints
- Improve the mobility and power in your ankles, hips, shoulders and core

All participants are encouraged to come to workouts with a pair of 3 or 5 lb dumbbells (or 2 big soup cans!) and a **1 foot long 6 inch round foam roll.**

One To One will provide foam rolls for players if needed.