

2024 Youth Soccer-Specific Strength and Conditioning

Middle School and High School Athletes.

June 2024: Monday June 3, 2024 – Thursday June 27, 2024

July 2024: Monday July 8, 2024 – Thursday August 2, 2024

This program is designed to safely increase the speed, agility, strength, power, and flexibility in your young athletes. By utilizing industry leading drills, exercises, and age-appropriate workouts and programs, we will increase your child's athleticism and performance on the field. Our goal for every athlete is for them to STAND OUT rather than blend in rest. This is a 4-week program that will progressively build from week to week so that each athlete participating can become the best version of themselves while training with us. We educate all our athletes on the "WHY" behind our training. We breakdown all drills and exercises and explain the value and sports-performance benefits that those drills and exercises will create for them on the field during practice and competition.

Why Soccer Strength and Conditioning matters:

Soccer strength and conditioning matters because it directly translates to improved performance on the field, helping players move faster, react quicker, and outlast opponents. Additionally, it plays a crucial role in injury prevention, ensuring athletes stay healthy and consistently available to contribute to their team's success.

Details about Soccer-Specific Strength and Conditioning

- You can register for the 4-week June 2024 camp, the 4-week July 2024 camp or 8 weeks to attend both the June 2024 and July 2024 camps.
- Each participant will be individually tested and tracked throughout the program
 - Initial Assessment, Mid Assessment, and Exit Assessment
- Training camps will meet 2x each week for 4 weeks or 8 weeks
- Each training session is 1 hour in length (Total training for camps 8-16 hours of training, movement drills, and explosive strength training).
- All training for each of the three groups if age appropriate. Intensity and accountability increase as the age level increases.

June and July 2024 Training Days and Times

- **Camp 1:** Mondays and Wednesdays – 8:00 AM – 9:00 AM
- **Camp 2:** Tuesdays and Thursdays – 4:30 PM – 5:30 PM

Price:

- **June 2024:** \$249.99 + Tax
- **July 2024:** \$249.99 + Tax
- **June and July 2024:** \$450.00 + Tax

Camp Training Days and Dates

June 2024: Monday and Wednesdays

Week	Day 1	Date	Day 2	Date
Week 1	Monday	June 3, 2024	Wednesday	June 5, 2024
Week 2	Monday	June 10, 2024	Wednesday	June 12, 2024
Week 3	Monday	June 17, 2024	Wednesday	June 19, 2024
Week 4	Monday	June 24, 2024	Wednesday	June 26, 2024

July 2024: Monday and Wednesdays

Week	Day 1	Date	Day 2	Date
Week 1	Monday	July 8, 2024	Wednesday	July 10, 2024
Week 2	Monday	July 15, 2024	Wednesday	July 17, 2024
Week 3	Monday	July 22, 2024	Wednesday	July 24, 2024
Week 4	Monday	July 29, 2024	Wednesday	July 31, 2024

FAQ

1. If we pay for June 2024 and miss sessions, can we make those sessions up in the July 2024 camp?

- a. No. The only way missed sessions can be made up is in our weekly sports performance classes Monday – Thursday. Please refer to class schedule for days and times.

2. Is there any discount for siblings who are doing the camp together?

- a. No sibling discounts

3. What if my child or teen does not like the camp? Can I get a refund?

- a. No, we do not give out refunds if your child or teen does not like the camp.
However, you do have the following options:
 - i. The remaining balance can be applied to a monthly membership
 - ii. The remaining balance can be applied to 1-on-1 private training (If the amount applied does not cover the entire cost, customer will be responsible for the difference.

4. What if my child gets hurt or injured outside of TAP and cannot attend the camp anymore, can I get a refund?

- a. No, we do not give out refunds if your child or teen gets hurt or injured outside of the camp. However, you do have the following options:
 - i. The remaining balance can be applied to a monthly membership
 - ii. The remaining balance can be applied to 1-on-1 private training (If the amount applied does not cover the entire cost, customer will be responsible for the difference.