



# Speed Training



Experience one of the most innovative training methods used in soccer today. Speed Ladder training allows players to focus on improving foot speed and balance. With hard work and determination, Speed Ladder training has proven that it can provide incredible results over a short period of time.

## Age Groups:

U8 thru High School Boys/Girls

Monday – Friday 6:30 – 7:30  
(December 12-16, 2011)

**Starts December 12, 2011**



**5 Sessions – 60 minutes**

**Cost: \$20 per Session or \$90 for all 5**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_ Email \_\_\_\_\_ Required

Payment:  Cash  Check  Credit Card # \_\_\_\_\_

**Payments can be made out to BFC Soccer Club**

**ATTENTION: Drew Crawford**

**For More Info Contact: Brad Dietrich (618) 604-7340 or Drew Crawford (618) 410-3562**

The undersigned hereby agrees to indemnify and hold harmless the Family Sportsplex; Belle-Clair Soccer League; BFC Soccer Club of Belleville, IL. from any liability for any loss, damage, or injuries incurred by the undersigned or by a minor child of the undersigned as a result of the use by the undersigned or by any minor child of the undersigned of any facilities, programs, or activities owned, maintained or supervised by agents or employees of the Family Sportsplex; Belle-Clair Soccer League; BFC Soccer Club of Belleville, Illinois. EACH PLAYER, COACH, AND MANAGER MUST COMPLETE HIS OR HER PORTION OF THE OFFICIAL ENTRY FORM. Please PRINT complete information in the space below and have each player sign his or her name. In signing below I verify to play on the mentioned team that in consideration of your accepting this entry, I intend to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights I may have against the Family Sportsplex; Belle-Clair; BFC Soccer Club of Belleville, Illinois and its representatives for any and all injuries suffered by me at the games, including, but not limited to negligence of the Family Sportsplex; Belle-Clair Soccer League; BFC Soccer Club of Belleville, Illinois. I understand and have read the facts and information for the league and hereby agree to abide by them.

**Parents Signature** \_\_\_\_\_

For Office Use Only: Invoice \_\_\_\_\_ Receipt \_\_\_\_\_ Balance \_\_\_\_\_