



# BFC Winter Soccer School 2012

	Date	Time	Location	
Week 1	Jan 9th, 2012	5:30—6:30	Family Sportsplex	Court 5
Week 2	Jan 16th, 2012	5:30—6:30	Family Sportsplex	Court 5
Week 3	Jan 23rd, 2012	5:30—6:30	Family Sportsplex	Court 5
Week 4	Jan 30th, 2012	5:30—6:30	Family Sportsplex	Court 5
Week 5	Feb 6th, 2012	5:30—6:30	Family Sportsplex	Court 5
Week 6	Feb 13th, 2012	5:30—6:30	Family Sportsplex	Court 5

BFC Winter Soccer School is designed to establish a strong foundation for the introduction of the new BFC Club-Wide Warm-up, Core Curriculum, and National iSoccer Project! Players will train under the guidance of BFC Technical Director, Chris Cesa and Club Director, Drew Crawford through 6 weeks of extensive training, individual development, and loads of fun!

## Players Will Experience:

- Club-Wide Warm up
- Core Curriculum
- Technical Development
- Skill Moves
- Technical and Tactical Awareness
- Scrimmages
- iSoccer National Project
- Proper Training Habits
- Fitness and Conditioning
- Speed and Agility Training
- Loads of Fun !!!

## COST: \$50

### Register:

[www.bfcsoccer.org](http://www.bfcsoccer.org)

Or Mail in:

**BFC Winter Soccer School**  
2346 Mascoutah Avenue • Belleville, IL  
62220

[drewcrawford@bfcsoccer.org](mailto:drewcrawford@bfcsoccer.org)

[chris.cesa@bfcsoccer.org](mailto:chris.cesa@bfcsoccer.org)

## Players Should Bring:

- Bring Water/Drink for entire session
- Indoor/Flats
- Shin Guards
- Ball
- Positive Attitude

Player's Name \_\_\_\_\_  
 Gender \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address \_\_\_\_\_  
 Parents Name \_\_\_\_\_ Email Address \_\_\_\_\_  
 Home # \_\_\_\_\_ Cell # \_\_\_\_\_

The undersigned hereby agrees to indemnify and hold harmless the BFC Soccer Club, LLC, Coaches, and FSP 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 BFC Soccer Club. In signing this form I verify to play in the mentioned camp 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 BFC SC and its representatives for any and all injuries suffered by me at this training camp including, but not limited to negligence of the BFC SC. I understand and have read the facts and information for the camp and hereby agree to abide by them. Sign: \_\_\_\_\_