

## **Bellevue Community College hosted Speed Camp**

Coached by Adam Fenster, Head Coach of BCC Men's Soccer Program,  
and Successful Soccer Systems Trainers

July 7—July 30, 2008  
Monday and Wednesdays  
9:30am-11am  
BCC Soccer Field

**At the BCC Speed Camp we aim to provide athletes** with the most current forms of speed-agility-quickness training based on current research and knowledge of the leading strength and conditioning specialists in the country. Throughout the sessions, we will focus on flexibility, balance, quickness, strength, control, agility, speed, and injury prevention. We will teach you how to stay on the field longer, move more effectively, and be more efficient in getting “the right muscles to fire.”

### **CAMP STAFF:**

- ◆ **Adam Fenster**, Head Coach of the BCC Men's Soccer Program, holds a USSF 'B' License and is a certified Performance Enhancement specialist who has worked with some of the top athletes in the state. Over the last ten years training such athletes, he realizes that much of the training he provides derives from the concept of total athletic movement.
- ◆ **Sasha Shefts** works alongside Fenster as the Assistant Coach for the BCC Men's Soccer Program and holds a USSF 'A' License. He has been training and coaching youth athletes for the past two decades. Currently, he is an Assistant Coach with the Women's Seattle Sounders team and Director of Successful Soccer Systems.

### **COST:**

Cost per camper is \$200 each for 8 sessions. Make checks payable to BCC Men's Soccer.

### **DIRECTIONS TO BCC SOCCER FIELD:** <http://maps.google.com/maps?hl=en&tab=wl>

From I-405 and I-90 interchange in Bellevue: go East on I-90. Take Exit 11B (148th Ave SE) that hooks over I-90. Take a left at SE 24th St (3rd stop light after exiting). Proceed straight through (heading west) to parking lot just past the baseball field. Field is located west of the baseball field.

### **REGISTRATION:**

Complete form. Print clearly. Use black ink if faxing.

You may pay by check or cash. Make checks payable to BCC Men's Soccer.

Submit your information/payment by one of two ways:

Fax: Adam Fenster 425-564-3129

Mail: Bellevue CC

c/o Men's Soccer

3000 Landerholm Circle SE

Bellevue, WA 98007-6484

### **CANCELLATIONS / REFUNDS:**

48-hour cancellation policy. Please call ahead at 206-200-6340 if you cannot attend a camp.

### **CONTACTS:**

To sign up for camp, cancel, or any other questions call:

Adam Fenster, cell: (206) 200 - 6340

**TYPICAL CAMP SCHEDULE:**

<b><i>Time</i></b>	<b><i>Event</i></b>
9:20	Check in
9:30	Warm up run
9:40	Functional Stretches
9:50	Corrective Exercises
10:15	Strength Training
10:30	Speed/Quickness Exercises
10:45	Sprints
10:55	Cool down
11:00	Camp ends

Please cut off the following Registration Form and include with payment. It is due on or before first session.

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**REGISTRATION FORM: BCC SPEED CAMP 2008**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender M F

Grade \_\_\_\_\_ School \_\_\_\_\_ Sports \_\_\_\_\_

Phone (h) \_\_\_\_\_ (c) \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Cost per camper is \$200 each for 8 sessions.

Camper(s) fees \_\_\_\_\_ BCC Men's Soccer Program Donation \_\_\_\_\_ Total \_\_\_\_\_

If paying by check, please make checks payable to BCC Men's Soccer.

If paying by credit card, please include the following information.

Payment: check visa mc

Card # \_\_\_\_\_ exp date \_\_\_\_\_

Name on card \_\_\_\_\_

**Release of Liability—permission to train**

I authorize all medical, surgical, diagnostic and hospital procedures as may be performed or prescribed by a treating physician for my child, if I cannot be reached in an emergency. I further agree that neither I nor my child, will bring any claims of any kind against Bellevue Community College and/or its Speed camp employees as a result of any injuries, expenses, or damages that I, or my child may suffer in connection with my child's participation in the camp, whether such claims are known or unknown or arise in the future.

Parent/guardian name \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_