



GOLDEN VALLEY HIGH SCHOOL GIRLS SOCCER CAMP

JULY 6th – JULY 23rd, 2009 (Mon – Thurs only)

GVHS TURF FIELD

8:00 – 10:00 a.m.

SIGN UP for SOCCER CAMP!

By attending training camp you will:

- *Improve your technical skills*
- *Improve tactical awareness*
- *Improve ball control, passing, speed and more*
- *Improve your overall fitness level*
- *Learn proper stretching and sports injury prevention*
- *Help raise funds that go directly back to the Girls Soccer Program*

Sign-ups and payment due May 1 – July 2 in the ASB office

\$75 check made payable to: GVHS - Girls Soccer

ASB card is required for all athletes

*Payment, all athletic clearance, physical exam, medical history, code of ethics are required **before** attending camp
(forms available on the GVHS website / www.hartdistrict.org/gvalley / Athletics / Forms)

BRING: *soccer ball, lots of water, running shoes*

WEAR: *shin guards, cleats, soccer shorts, t-shirt*

Any questions: please call Coach Leon (661) 753-4550 cell / josesesc@gmail.com

GO LADY GRIZZLIES! GO GVHS SOCCER!