

Speed Soccer Camp Philosophy

Speed Soccer Academy is proud to present a different type of camp for the soccer enthusiast. Speed Soccer Camps will not only improve speed and strength but sharpen the mind for the game of soccer. We use the most recent up to date sports based research to afford High School and College level soccer players the ability to adapt into a number of tactical strategies and formations.

With a strong emphasis on team and individual enhancement we not only consistently develop players with high skill levels; but more importantly, intelligent players that can fit into the most dynamic team systems. Our small but highly qualified staff are led on the Soccer Skills front by Coach Mark S. Torrie BS Exercise and Movement Science. Mark played and coached soccer within the Youth Academies of his native homeland Scotland. After moving stateside Mark became involved coaching high level soccer in NY and NJ. A graduate of Dundee College and William Paterson University, Mark is now an elementary and middle school physical education teacher and soccer coach.

On the Strength & Conditioning front our team is led by Coach Joe Riggio MS CSCS. Coach Joe is owner and head of Strength & Conditioning at Varsity House. For the past 6 years he has been a professor/research scientist at Montclair State University. Coach Joe holds a Master of Science degree in Human Physiology and has been a performance enhancement coach for over a decade. Coach Joe has worked with 100's of high school and college athletes logging over 15,000 training hours in his time as a Strength & Conditioning coach. Many of his clients have gone on to earn scholarships, and play at some of the countries top universities. We look forward to helping you reach your best athletic potential.

Camps & Itinerary

“Speedsters” Soccer Camp

This camp is aimed at kids between ages 3-14 years old and is packed with fun games that focus primarily on skill development. Our staff ensures that all campers participate fully to ensure maximum skill benefits whether they are recreational soccer players or more competitive travel players. The Campers will be afforded the opportunity to practice all aspects of the game whilst playing fun and interactive games.

“Academy” Soccer Camp

This camp is aimed at athletes aged 10 and up. This camp is purely for the serious soccer player that wants to take their game to the next level. Many of our campers use this as a tool for Hell Week preparation. Our staff combines a mix of technical, tactical, skill work as well as strength & conditioning to adequately prepare campers for the season that lies ahead.

Sample Itinerary - 4 hour camp

- 30min. Warm Up and Ball Familiarization
- 45 min. Technical Session (changes daily)
- 45min. Strength & Conditioning
- 15min. Snack Break
- 45min. Systems of Play/Tactical Session. Application of daily skill into game related activity
- 45min. Small sided games. Competition against other teams of similar ability. Technique specific
- 15min. Cool Down, Stretch and Review

Camp Guidelines

- Athletes/Parents responsible for prompt transportation to and from camp.
- Athletes must wear appropriate apparel (shorts, soccer cleats, shin guards).
- Athletes/Parents are responsible for providing a nutritious snack and drinks.
- Athletes must be prepared to be outside. Bring hat, sun block, and towel. Also be prepared for light rain.
- **All athletes must have signed release form along with medical information form before they may participate.**

Registration Form

Tear off and return with payment to:

Mrs. Schulman, 61 Deal St. HP NJ 07640

Email Address: _____

Name: _____ **Age:** _____

Address: _____

Home Phone #: _____

Work Phone #: _____

Cell Phone #: _____

Emergency Contact:(Name) _____

(Phone #) _____

Shirt Size: _____

Camp Details

Time: Speedsters (Rec) 9am-12pm

Academy Camp 6pm-9pm

Choose Camp You Wish to Attend

Kindercampers (1.5hours) \$75

Rec Campers \$140 Academy Camp \$150

Payment Method

Check Cash

Make Checks Payable Harrington Park Soccer Association

Total number of athletes: _____

Total Amount Paid: _____

Additional Information

For additional registration and medical information forms please go to our website at:

www.speedsocceracademy.com

General Release

In consideration of my minor child being permitted to participate in any way in the **VARSITY HOUSE PERFORMANCE / Speed Soccer** in sponsored Activities ("Activity"), I agree:

I understand the nature of **VARSITY HOUSE PERFORMANCE / Speed Soccer** activities and the Minor's Experience and capabilities and believe the Minor to be qualified to participate in such Activity. I further acknowledge that I and the Minor are aware the activity will be conducted in facilities open to the public during the Activity. I further agree and warrant and will instruct the Minor that if at any time the Minor believes conditions to be unsafe, he/she will immediately discontinue further participation in the Activity.

I FULLY UNDERSTAND that: (a) **VARSITY HOUSE PERFORMANCE / Speed Soccer** Activities involve risks and dangers of **SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH** ("Risks"); (b) these Risks and dangers may be caused by the Minor's own actions, or inaction's, the actions or inaction's of others participating in the Activity, the condition in which the Activity takes place, or **THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW**; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** incurred as a result of the Minor's Participation in the Activity.

I HEREBY **RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS VARSITY HOUSE PERFORMANCE / Speed Soccer**, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the minor, or anyone on the Minor's behalf makes a claim against any of the Releasees named above, **I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.**

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I AND THE MINOR HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT

Printed Name: _____
Parent Signature: _____
Date: _____

Camp Photos



Indoor Camps



Coach Torrie

Coach Joe

SPEED SOCCER ACADEMY CAMPS

WITH MARK TORRIE

POWERED BY:

VARSITY HOUSE
PERFORMANCE



**HARRINGTON PARK SOCCER
ASSOCIATION SPONSORED CAMP**
AUGUST 4TH - 8TH
REC: 9 AM - 12PM
ACADEMY: 6PM - 9PM

**HIGHLAND FIELD
HARRINGTON PARK**

WWW.SPEEDSOCCERACADEMY.COM



www.varsityhousej.com
201.951.4778