

# **Bryant Soccer Club**

## **Summer Programs**

### **Speed, Agility, Quickness and Flexibility Training**

Focus on speed, agility and quickness training specific to soccer.

Instructed by certified professionals from the University of Central Arkansas.

**DATES:** July 8-11 and/or July 22-25

**TIME:** 5:30-8:00 pm

**COST:** \$80.00 per camp

**Location:** Bryant High School Track

**Lead Instructor:** Kim Eskola, MS, HFS

### **Team Camps/Skills Trainers**

Team camps are available for any BSC coach who would like to schedule a team camp. Private skills training sessions are also available. Please contact Kim Eskola at 501-690-0332 or [KimEskola@yahoo.com](mailto:KimEskola@yahoo.com) to schedule a team camp or skills trainer.

**TEAM CAMP COST**

**COST:** \$50 per player for 4 day camp

**SKILLS TRAINERS**

**Cost:** \$30-\$50 an hour