



Firebirds FC Summer Boot Camp

Firebirds FC offers a 6-week intensive summer training program to all our Competition Players. Boot Camp focuses on individual player development, improving technical ability, and increasing fitness. Each two-hour training session will focus on specific skills through drills, small-sided games, and scrimmages. Boot Camp also provides speed and agility training in a soccer context. Boot camp coaches are talented trainers, experienced in developing players of all abilities and ages. Each player will be identifying and working toward unique, personal goals with the input of their team coach. Our youngest players (U9 and U10) have their own Boot Camp, specifically designed to meet their developmental needs with fun, interactive drills and trainers who specifically focus on this age group.

Boot Camp Schedules, Summer 2009

Begins the week of June 15 and runs through the week of July 20

Boot Camp	Monday/Wednesday	Tuesday/Thursday
5 to 7 pm	U11-12 Boys & Girls	U13-U14 Boys & Girls
7 to 9 pm	High School Girls	High School Boys
X-League Boot Camp	Tuesday	Wednesday
6 to 7:30 pm	U9-U10 Boys	U9-U10 Girls

Boot Camp (U11 & up) is held at 11th Avenue Park - 11th Avenue and Terrace Hills Drive (900 East)
 X-League Boot Camp (U9 & U10) is held at 14th Avenue Park - 14th Avenue and H Street (587 East)