



WHAT: KAPAUN MT CARMEL SOCCER – TEAM HIGH SCHOOL SUMMER TRAINING.

WHO: ALL RETURNING AND INCOMING FRESHMEN KMC SOCCER PLAYERS

WHERE: KAPAUN MT CARMEL TRACK

**WHY: TO PREPARE FOR THE UPCOMING 2010 BOY’S SOCCER SEASON
SESSIONS INCLUDE: RUNNING, WEIGHTS, AGILITY/SPEED,
PICKUP GAMES**

**WHEN: JUNE 7 – JULY 30, MONDAY, WEDNESDAY AND FRIDAY
6:30 – 7:45 a.m.**

COST: \$50 (INCLUDES T-SHIRT AND INSURANCE)

**BRING: WATER, CLEATS, INDOOR SHOES, RUNNING SHOES
A WORKMANLIKE ATTITUDE!**

REGISTRATION:

NAME: _____ GRADE: _____

PHONE: _____ EMAIL: _____

CELL PHONE: _____

SEND THIS FORM AND AND \$50.00 TO:

**KAPAUN MT. CARMEL HIGH SCHOOL SUMMER TRAINING
8320 BROOKHOLLOW, WICHITA, KS. 67206
CHECKS PAYABLE TO ALAN SHEPHERD**

OR BRING TO COACH SHEPHERD

