



## COBRAS FC 2010 SUMMER CAMP

(3-day Summer Camp exclusive to the Cobras FC and sponsored by the Rochester Rhinos)

Register online **NOW** at [www.CobrasFC.org](http://www.CobrasFC.org)

**Who:** Any young soccer player of the Cobras FC looking to strengthen his/her technique (ages 7-15, boys and girls, all positions).

**What:** This is another exclusive opportunity for the Cobras FC. Come sharpen your skills this summer for a 3-day "Train like a Champion" Soccer Skills Camp. This program will give players the professional environment where they can continue to develop their skills, be challenged and have fun. This program is designed and conducted by Scott Vallow, Darren Spicer, Frankie Sanfilippo, Jamie Franks and Nano Short of the Rochester Rhinos, Division I College Players and/or local High School Coaches. This program will cover: passing/receiving, dribbling, shooting, heading and goalkeeping (for those interested), as well as speed/agility sessions, tactical skills and competitive games. Players will be divided each day into small groups with those of the same age and ability level.

**Dates, Times and Location:** Monday, Tuesday & Wednesday—July 19<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> at Greece Arcadia High School (120 Island Cottage Road). Registration is Online at [www.CobrasFC.org](http://www.CobrasFC.org).

o 1:30-5:00pm--first 30 min conducted by Athletic Republic of Rochester

**Cost:** Only \$45 per participant. Spots are very limited, so register soon to ensure participation. This program is only open to members of the Cobras FC.

\*\*\*This is a great opportunity to learn tips and tactics from these professional players at a great value (\$4.28 per hour!), so sign up now to ensure your spot\*\*\*

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