

Application for Small Group, High-Level Goalkeeper Training Sessions:



These sessions are designed and conducted by Scott Vallow and are meant to be intense. There is a minimum of 3 goalkeepers per group and group maximums will fluctuate. If you have a location, that would be fine...otherwise, we will schedule something at TSE or another location for the session. These are recommended after you have completed at least 2 "Train like a Champion" GK Camps or Academies.

Participant Name _____ T-shirt size s m l xl

Address _____ City _____ Zip _____

E-mail _____ Age _____

Parent/guardian Name _____

Telephone # _____ Cell # _____

Allergies or physical restrictions _____

Date looking to start _____ (Times must be available at TSE)

The rate is \$45 per session. 1 session per week will be GK handling and ball work and 1 session per week will be at Athletic Republic—the speed/acceleration franchise that will guarantee to make you a better athlete. There is a 10-session rate of \$400...which would include 5 GK training session and 5 Athletic Republic sessions.

*Each session is approximately 1.5 hours

Small group, high-level training will be weekly training with 3-6 goalkeepers at the same time. Schedules will be coordinated via e-mail and phone calls and goalkeepers will be grouped with others of similar age and ability level.

If interested, please fill out and mail to: Train like a Champion, Inc.
Scott Vallow
PO Box 26457
Rochester, NY 14626

OR: E-mail information to: trainlikeachampion@hotmail.com