



hosted by
**ROCHESTER
RHINOS
GOALKEEPER**

SCOTT VALLOW

EXPERIENCED PLAYER

12-Year Professional Soccer Player in MLS and USL I

Current Rochester Rhinos Goalkeeper

4-Year Rhinos Team Captain

2-Time League Champion, multiple all-league selection



EXPERIENCED COACH

Holds a USSF "B" Coaching License

Director of Player Development, Cobras FC (30 teams, 550 kids) 2006-Present

Owner, Train like a Champion, Inc 2003-present

Started Lil' Cobras Fun Camps for ages 4-8 in Greece, New York

Coaching youth soccer for 14 years

Assistant Coach, Niagara University Women's Program 2007-2008



PO Box 26457
Rochester, NY 14606



LIL' CHAMPS FUN ACADEMY

YOUTH SOCCER & CHARACTER DEVELOPMENT
AGES 4 - 8



WWW.SCOTTVALLOW.COM



LIL' CHAMPS FUN ACADEMY REGISTRATION FORM

PARTICIPANT NAME _____

T-SHIRT SIZE (all youth sizes) XS S M L XL

ADDRESS _____

CITY _____ ZIP _____

PARENT E-MAIL _____

AGE OF CHILD _____

PARENT/GUARDIAN NAME _____

TELEPHONE # _____ CELL # _____

ALLERGIES OR PHYSICAL RESTRICTIONS:

AGREEMENT: In consideration of participation in this camp, I acknowledge and understand the following:

MEDICAL ATTENTION: I understand that Scott Vallow or Athletic Republic do not offer a comprehensive medical insurance plan. I have checked with my family policy to make sure that the participant is properly covered at this camp. In the event of a medical emergency, I hereby give permission to the physician and procedures selected by the facility to provide customary medical attention, transportation and emergency medical services as warranted during participation of this soccer camp.

WAIVER & RELEASE OF LIABILITY: I am fully aware and appreciate the risks associated in the participation in a soccer event, including the risk of catastrophic injury, paralysis and even death, as well as other types of damages and losses. I further agree on behalf of myself, my heirs, and personal representatives that Scott Vallow or Athletic Republic are not liable for injury, loss of limb or other loss or damage occurring as a result of participation in this event.

PHOTOS: I give Scott Vallow permission to use camp photos in which my child may appear on his web page or other published materials.

I understand and agree to all of the above:

PARENT / GUARDIAN SIGNATURE _____

Date: _____

PLEASE MAKE CHECKS PAYABLE AND MAIL TO: Train like a Champion, Inc.
PO Box 26457
Rochester, NY 14626



LIL' CHAMPS FUN ACADEMY

TEACHING SOCCER
AND CHARACTER
DEVELOPMENT FOR
CHILDREN AGES 4-8

WHO Open to all young aspiring soccer players, ages 4-8, looking to have a bunch of fun and learn about proper soccer techniques.

WHAT "Train like a Champion" Lil' Champs 6-Week Fun Academy is designed and conducted by Scott Vallow – goalkeeper of the Rochester Rhinos – local high school coaches and youth coaches with 10+ years of experience.

WHEN Saturdays, 9-10am
February 27, March 6, 13, 20, 27 and April 3

WHERE **Athletic Republic West** [1645 Lyell Avenue]
A brand new, state-of-the-art multi-sport training facility for athletes of all ages.

Please email Scott Vallow at trainlikeachampion@hotmail.com with questions or concerns.

ONLY
\$50
FOR
6 WEEKS

PLUS A **FUN
ACADEMY
T-SHIRT**

SPOTS ARE LIMITED!
REGISTER ONLINE AT
WWW.SCOTTVALLOW.COM

ATHLETIC



REPUBLIC™

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We use a science-based sports training system that has delivered real, quantifiable results to over half a million athletes, including more than 2,500 Olympic and professional athletes.

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