



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.*

ONLY  
**\$50**  
FOR  
6 WEEKS

PLUS A **FUN  
ACADEMY  
T-SHIRT**

**SPOTS ARE LIMITED!**  
REGISTER ONLINE AT  
[WWW.SCOTTVALLOW.COM](http://WWW.SCOTTVALLOW.COM)

Please email Scott Vallow at [trainlikeachampion@hotmail.com](mailto:trainlikeachampion@hotmail.com) with questions or concerns.

**ATHLETIC**



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Unlevel the playing field.

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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