

## Summer Program

### Apex Soccer will enhance player's personal soccer experience and performance.

[Register Here - Earlybird Discount](#)

- This carefully planned 6-week program has been designed specifically for dedicated players, ages 10-18, to improve and enhance their skills, within the four components of the game. [youtube url="http://www.youtube.com/watch?v=N\_VPtcM-JOg" width="560" height="350"] Participants will effectively reach their individual performance goals/levels, prior to the fall season, within a safe and age appropriate environment.

The program utilizes state-of-the-art facilities including an indoor turf field, fully equipped fitness center, functional fitness room, Futsal court and freshly designed conference room. The Facility enables players to effectively work alongside professionals that are certified within their respective profession (e.g. Soccer Coaches, Strength & Conditioning, SAQ and Fitness Instructors).

Throughout the program, participants will receive evaluations, attend lectures, perform, compete and learn via:

- Small-sided field sessions
- Video Analysis
- Strength and Conditioning
- Baseline Testing
- Spin Class
- Technical/Tactical field sessions
- Nutrition/Psychology sessions

At the end of the program, each participant will receive personal visual, verbal and written evaluations from Apex Soccer's dedicated and experienced staff.

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**Boys & Girls** - Tue & Thurs - 5-8pm - NYA, Newtown, CT  
July 11th - August 17th 2017

Early-bird Sign up only \$400 - [Register Here](#)  
**Program Cost** - \$470