Timberline Soccer

*Idaho Fitness Academy*

**About Idaho Fitness Academy**

IFA is a sports performance facility focused on maximizing the potential of every athlete that we see.

You can visit our website at <https://idahofitnessacademy.com/>

**Summer Soccer Training**

Idaho Fitness Academy will be at Timberline High School to train all Boys Soccer athletes that are interested in improving themselves for the sport of soccer.

**Training Goals**

We will work on Speed, Agility, and Strength training to help create the muscular foundation of a high school soccer athlete. The focus will be on technique of each movement to improve the efficiency in which you move on the field. From there, we will help to increase the power in which those movements are executed.

**Information**

Training Periods:

#1: June 13th – June 30th

#2: July 11th – July 28th

Days & Times: Monday – Tuesday – Thursday @ 10:30am – 12pm

Location: Timberline High School Weight Room and Practice Field

Price: $75 per training period, or $150 for both training periods

Grades: 8-12

Please reserve space for your child by emailing, texting, or calling Mike at mikeielmoriniIFA@gmail.com or (707) 547-7707 by Friday June, 3rd 2022

Payment will be due by the 1st training session that your child attends. Prices will be set the same, regardless of how many sessions your child is able to attend during the periods

Payments can be made online at our website <https://idahofitnessacademy.com> with the pay now tab. Cash and check can be brought to the first training session. Venmo can be used with this link <https://venmo.com/code?user_id=3339605155774464138&created=1631840792.189817&printed=1>

Any questions or concerns can be sent to Mike at the above contact info.