

Z E E L A N D E A S T S O C C E R

Speed, Agility, Strength & Skills Training Camp

ZEST (Zeeland East Soccer Training) is a soccer specific summer conditioning program offered to East soccer players at the middle school and high school levels. The program focuses on skills and abilities that are specific to soccer. Players will develop their agility, footwork, strength, endurance, and mental toughness that will maximize their performance on the field. As a coaching staff we could not be more excited for another summer of hard work and growth!

New this year: Following each session of ZEST, high school boys and girls have one hour of lifting at the high school with Coach Heald!

Instructors

Zack Williams- Boy's Varsity Coach/Girl's JV Soccer Coach
Joe Grit- Girl's Varsity Soccer Coach
Tony DiLaura- Girl's Middle School Coach
Aaron Good- Girl's Middle School Coach
Jared Suits- Boy's Assistant JV Coach
Matthew Geddes- Former ZE Soccer Player
Tayte Barensen- Former ZE Soccer Player
Oylvia Putnam- Former ZE Soccer Player
Ty Kindred- Former ZE Soccer Player

Location

Soccer Training: Zeeland East High School Soccer Complex
Lifting: Zeeland East Weight Room

Cost

High School Athletes

\$90.00 - includes one hour of soccer specific training **and** one hour of lifting each day

Middle School Athletes

\$75.00 - includes one hour of soccer specific training each day

Dates

June 11-28 and July 9-19
Mondays, Tuesdays, and Thursdays

Sign-Up

Drop off the form & payment in Room 214 at Cityside or the Athletic Office at ZEHS

Make all payments to Zeeland East Soccer

Girls Schedule (Mon, Tue, Thurs)

Soccer Specific Training: 8:45-9:45

High School Lift : 10:00-11:00

Boys Schedule (Mon, Tue, Thurs)

Soccer Specific Training: 9:50-10:50

High School Lift: 11:00-12:00

Email zwilliam@zps.org if you have any questions.

Name: _____

Address: _____

Grade Fall '18 (circle one) 7 8 9 10 11 12 Gender: M / F

Email: _____ Phone _____

Parent/Guardian Signature _____

Emergency Contact _____ Phone _____

T-Shirt Size (Adult) S M L XL (circle one)

Make checks payable to: Zeeland East Soccer