



**PEAKS Performance Fitness Training
(Player Excellence and Knowledge Skills)**

The U14-U18 Strength, Core and Fitness Conditioning Program for John Doyle Soccer

This is a training program that runs during the summer for 5 days in a row, one week at a time. This program is designed for elite players who want to improve the overall core strength and fitness required for peak performance in the game of soccer. Players will work on agility, core strength conditioning and overall aerobic fitness. This program will be run by Joe Owen and Greg Tella. Joe and Greg have been recently contracted by Mustang soccer to handle all strength and conditioning for the U14 and above athletes in Mustang soccer. Greg is also the current strength and fitness trainer for the San Jose Earthquakes.

Location: Blackhawk Field

Dates: July 5th to July 30th

This program runs in one week increments for 2 hours each day. This is a good preseason program to prepare players for the rigors of elite competition. The weeks offered are:

July 5th-9th

July 12th-16th

July 19th-23rd

July 26th-30th

The clinics will run from 2 p.m. to 4 p.m. every day at the Blackhawk field in Danville. This is located at 3000 Blackhawk Rd.

Cost: \$140 per player for one week

\$250 per player for two weeks consecutive

Trainers:

Joe Owen – USSF “A” Licensed Coach, Former Professional Player, Fitness and Strength Educated, Kinesiology Background with an emphasis in Physical Education and Nutrition. Current Mustang Soccer coach. Current Strength and Conditioning trainer for Mustang Soccer and the Mustang Soccer Development Academy

Greg Tella – San Jose Earthquakes Strength, Fitness and Conditioning trainer 2010. Current Mustang Soccer coach. Current Strength and Conditioning trainer for Mustang Soccer and the Mustang Soccer Development Academy. Speed and Agility training certifications.

Registration: You can fill out the attached form and send this to the address listed below or you can use your credit card to register through

www.sportability.com/johndoyle

If you have any questions, please call Pat Uriz at 925-786-0551 or send an e-mail to jkpomo@aol.com or johndoylesoccer@comcast.net

Address to send a check:

3000F Danville Blvd. #179

Alamo, Ca 94507

888-491-0900



Registration Form

I hereby give permission for any and all medical attention to be administered to my child/children _____ in the event of accident, injury, sickness, etc. under the direction of John Doyle Soccer until such time as I may be contacted. I also assume the responsibility for the payment of any such treatment.

Age of Player: _____

Date: _____

Parent Name: _____ Cell _____

Home _____

Email _____

Parent Name: _____ Cell _____

Home _____

Email _____

Insurance Company: _____

Policy Number: _____

Physician: _____ Phone Number: _____

Parent Signature: _____