

ELITE PERFORMANCE TRAINING

ARE YOU READY TO TAKE YOUR GAME TO THE NEXT LEVEL . . .



EXTREME CAUTION! You will become faster, stronger, more skilled and you will become a more dynamic soccer player in every way.

The Elite Performance Training (EPT) is designed by Derek Smith to help soccer athletes maximize their potential through a dynamic training program. Soccer is the ultimate dynamic game; it simultaneously demands the speed of a sprinter, the quickness of a tennis champion and the power of a football player, while also requiring immense technical skill.

The EPT focuses on developing key components within the soccer athlete that will increase dynamic speed, agility, improve flexibility and develop explosive soccer movements. Since players must constantly change directions relative to the ball, it is essential that all components must be balanced and dynamic.

Even with added quickness, most athletes will fail to meet the technical skill demands of the next level. In order to beat a defender, players must first use skill to unbalance them. Only then can their blinding speed put them beyond an opponent. So, the quickness must be achieved both with and without the ball.

ELITE PERFORMANCE TRAINING PROGRAMS

EPT IN-SEASON (12-18 YEAR OLDS)

Spring I (Mar. 1st – Apr. 30th)
Spring II (May 2nd – June 25th)
Fall (Sept. 5th - Oct. 29th)

- Improve joint and core stability
- Improve flexibility and prevention of injury
- Improve strength endurance
- Improve soccer speed with and w/out the ball
- Improve agility with and w/out the ball
- Maintain aerobic & anaerobic fitness levels

EPT DYNAMIC KIDZ (8-11 YEAR OLDS)

Winter I (Nov. 8th – Dec. 30th)
Winter II (Jan. 3rd – Feb. 24th)
Summer (July 5th – Aug. 27th)

- Teach deceleration/acceleration
- Develop balance, rhythm, & spatial awareness
- Develop "Fun"ctional movements
- Develop speed, agility, and strength techniques
- Soccer skills incorporated each session
- Promote Healthy lifestyle

EPT COLLEGE BLAST (COLLEGE SOCCER ATHLETES)

Summer (June 13th – July 30th)

- Prepare college soccer athletes for the college season
- Aerobic & anaerobic conditioning
- Improve speed, agility, and explosive power
- Improve strength endurance
- Joint & core stability
- Instill positive confidence

EPT OFF-SEASON / PRESEASON (12-18 YEAR OLDS)

Winter I (Nov. 8th – Dec. 30th)
Winter II (Jan. 3rd – Feb. 24th)
Summer (July 5th – Aug. 27th)

- Increase aerobic and anaerobic fitness level
- Develop explosive power
- Improve soccer speed with and w/out the ball
- Improve joint and core stability
- Improve flexibility and prevention of injury
- Promote healthy lifestyle

BECOME FASTER, STRONGER, MORE SKILLED . . . BECOME DYNAMIC!

**ALL SESSION HELD AT TOWN & COUNTRY SPORTS COMPLEX
1018 TOWN DRIVE WILDER KY. 41076
859-442-5800**

www.towncountrysports.com

**ELITE PERFORMANCE TRAINING
REGISTRATION
GENERAL LIABILITY RELEASE WAIVER MUST BE SIGNED ON BACK**

Soccer Athlete's First Name _____ Last Name _____

Age / Gender _____ Date of Birth _____ Shirt Size – YL S M L XL

Current Team / Club _____

Parent / Guardian (First & Last Name) _____

Address _____ City / State _____

Home Phone _____ Cell Phone _____

Email _____ 2nd Email _____

Soccer Athlete Medical History (Please include information that the EPT Staff should be aware of during the sessions)

PLEASE BRING – RUNNING SHOES, SOCCER CLEATS, WATER, TOWEL AND WEAR EPT T-SHIRT FOR EVERY SESSION

EPT COST AND SCHEDULE

All programs run 8 weeks, max size per session 18 soccer athletes.
For group rates, soccer athletes must be on same roster. Rate is per person.

8 Sessions – 1 session per week

- (1) Soccer athlete = \$200
- (5) Soccer athletes = \$180
- (10) Soccer athletes = \$125

16 Sessions – 2 sessions per week

- (1) Soccer athlete = \$350
- (5) Soccer athletes = \$310
- (10) Soccer athletes = \$200

Team Package – 36 sessions year round, must be 14-18 years old
(15) Soccer athletes = \$360

College Blast – runs for 7 weeks, must be entering freshmen year or already in college

8 Sessions - \$200 / 16 Sessions - \$350 / 21 Sessions - \$425

High School Prep Package – contact Derek about this special package, designed just for your high school team

SCHEDULE

(Dynamic Kidz, Off-Season/Preseason, In-Season)

MONDAY-THURSDAY

5:30-6:30PM 8-11 year olds

6:30-7:30PM 12-14 year olds

7:30-8:30PM 15-18 year olds

SATURDAY – select best time for you, will adjust based on numbers

10-11AM

11-12PM

12-1PM

(College Blast)

TUESDAY-THURSDAY

5:30-6:30PM OR 6:30-7:30PM

SATURDAY

9-10AM OR 1-2PM

Build your EPT program today!

Select the Program: _____

Dynamic Kidz / Off-Season / In-Season / College Blast

Select the Season: _____

Winter I / Winter II / Spring I / Spring II / Summer / Fall

Select the Package: _____

8 Sessions (1) / 8 Sessions (5) / 8 Sessions (10)

16 Sessions (1) / 16 Sessions (5) / 16 Sessions (10)

College Blast – 8 Sessions / 16 Sessions / 21 Sessions

Select the Day(s): _____

Monday / Tuesday / Wednesday / Thursday / Saturday

Select the Time: _____

Enter the total amount due: _____

OFFICE USE ONLY

AMOUNT PAID: _____ Date: _____

Method of payment: _____

CC#: _____ Exp: _____

Employee Initials: _____

GENERAL LIABILITY RELEASE, ASSUMPTION OF RISK, AND WAIVER OF CLAIMS

In consideration of being permitted to participate in exercise, athletic endeavors, or other activities (collectively “athletic endeavors”) at Town and Country Sports Complex, the undersigned participant(s) do each agree that Town and Country Sports Complex, its heirs, assigns, and agents, and any and all other persons or entities involved in its athletic endeavors, together with all subcontractors, employees or volunteers, SHALL NOT BE LIABLE for injury or death to the undersigned participant(s), their heirs, assigns and agents, or for any loss due to theft of or damage to their property or for any other consequential incidental damages caused in any manner whatsoever where any such liability is attributable to the absence of ordinary or even slight care by Town and Country Sports Complex, in the conduct of athletic endeavors.

Furthermore each of the undersigned DOES HEREBY WAIVE any and all claims or causes of action against Town and Country Sports Complex which he or she may have by reason thereof AND DOES HEREBY RELEASE AND HOLD HARMLESS Town and Country Sports Complex from any and all claims or causes of action that he or she may have from the beginning of time until these presents. Each of the undersigned further agrees not to bring or cause to be brought any suit or any such claim or cause of action and acknowledges that the releases and waivers referred to herein shall apply regardless of whether liability is asserted on the basis of contract, strict liability, ordinary negligence or gross negligence.

I also affirm that I am voluntarily participating in athletic endeavors and using the facilities, and further acknowledge that I know, understand, and appreciate the inherent risks of such participation and use (ranging from minor injuries such as sprains, to major injuries such as heart attacks, ankle and knee injuries, to catastrophic injuries such as death or paralysis). I assume full responsibility for any and all injuries or damages from participating in athletic endeavors and facility use, which may occur to me as a result of such participation.

Each of the undersigned further acknowledge that the execution of this Release and Waiver is continuing in nature, that it is his or her free and voluntary act, that he or she does not intend to participate in athletic endeavors at Town and Country Sports Complex until or unless he or she has had full opportunity to inspect its exercise and athletic facilities and sites and to receive all information from Town and Country Sports Complex that might bear on his or her decision to participate, and that he or she is under no duress or undue influence.

Furthermore, each of the undersigned intends both that he or she be legally bound hereby, and, in the event of his or her death, that this release and waiver shall be binding on his or her estate, heirs, beneficiaries or any other successors in interest.

This Release and Waiver shall be construed under the laws of the Commonwealth of Kentucky.

SIGNATURE BELOW VERIFIES THAT EACH OF THE UNDERSIGNED HAS READ AND FULLY UNDERSTANDS THE FOREGOING and further certifies that the information provided in his or her entry forms and/or personal data sheets is true and complete.

IN WITNESS WHEREOF, each of the participants sets forth his or her hand at the time and on the date below written.

(Print)

(Signature)

(Date)