



2010 WHITFISH BAY S.C.



PRE-SEASON SKILL/CONDITIONING CAMP

Whitefish Bay S.C. is proud to introduce the 1st annual Pre-Season Skill/Conditioning Camp. In conjunction with the Aurora Sports Medicine Institute, Whitefish Bay S.C. will be offering all U11-U14 Select players the opportunity to attend this one week skill/conditioning camp.

Players will go through a series of stretches, exercises and soccer specific conditioning activities to improve strength, agility and overall performance. Also, the experts from Aurora Sports Medicine Institute will be incorporating warm-up routines and plyometrics from their ACL Prevention Program. This is done to address potential deficits in the strength and coordination of the stabilizing muscles around the knee joint.



*Aurora Sports
Medicine Institute*

Camp Dates / Times

August 2nd – 6th

8:00 am – 9:30 am - U11 Boys and Girls

9:30 am – 11:00 am – U12 Boys and Girls

11:00 am – 12:30 am – U13/U14 Boys and Girls

Camp Location: Cumberland School

For more information please visit www.wfbsoccer.com or
Contact Sal Scalici at sscalici@wi.rr.com