

# King George Parks and Recreation

## YOUTH SOCCER AND CONDITIONING CAMP

**JUNE 19TH - JUNE 23RD**

**KING GEORGE HIGH SCHOOL, STADIUM**

**Beginner:**

**8am-10am**

**Recommended for ages 5-8**

We will cover the basics of the game of soccer, including positioning, foot skills, offensive skills and defensive skills. Players, should come to camp with a size 3 soccer ball, shin guards, cleats and water.

**Registration Deadline: June 9th. Fee: \$80**

**Intermediate/Advanced:**

**10am-12noon**

**Recommended for ages 9-12**

We will work on game skills including ball control, passing, dribbling, shooting, defending, and positioning. We will also work on foot skills and conditioning. Players should come to camp with a size 5 soccer ball, shin guards, cleats and water.

**Registration Deadline: June 9th. Fee: \$80**

**Sports Conditioning:**

**5pm-7pm**

**Recommended for ages 10-14**

Want to take your fitness to the next level? We will train using games and drills to improve speed, strength, endurance and agility. This camp will benefit athletes in all sports individual and team sports. Athletes should come with running shoes and sneakers, a towel, and water.

**Registration Deadline: June 9th. Fee: \$65**

Christi Gillette, Camp Director



King George Parks and Recreation  
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King George, VA 22485

540-775-4386 or 540-775-9780

<https://kinggeorge.recdesk.com>

Mon. - Thurs (8am-7pm) and

Friday (8am-5pm)