



Canton Soccer Conditioning Camp



The Canton Boys Soccer program will be holding a very important , 4-day fitness and conditioning camp just before the season begins August 1-4. We will be brining in trainers from Total Performance Training Center to run the camp, so it will be professionally run and scientifically sound.

It's very important to attend this camp to ensure you are in excellent soccer shape for the first day of practice.

When: 9:00 AM—12:00
Monday—Thursday
August 1st— 4th

Where: Canton Soccer Fields

Cost: \$50 (bring cash or a check payable to Total Performance on the 1st day)

Why: We want to be incredibly fit and prepared for the season. This camp will help us feel *faster, stronger, more explosive* and *more confident*.

Questions: Call Total Performance 248-669-9818

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