



S.A.Q.- Speed Agility and Quickness Training

Who: Ages 9U-19U **Cost:** \$88

Dates:

July 27-30th (Monday-Thursday)

Time:

8:30am- 10:00am (early drop off at 8am)

Where: LUS FIBER STADIUM (Moore Park)

Drop off/Check-in behind the Cajun Rush Soccer Office

KEY NOTES OF SESSIONS Each player will receive a Cajun Rush SAQ shirt

STAFFED by Cajun Rush Director Dave Lapeyrouse and other Rush coaches.

Players will be grouped with similar age and ability for training efficiency

GKs who attend will receive SAQ workouts and goalkeeper specific training

What is SAQ?

Agility Movements, Speed Work , and Coordination Activities. Skill ball work with a focus on athletic movements. 1000 to 2000 quality repetitions with the ball per session

Name: _____ Birthdate: ____/____/____

Address: _____ City: _____ State _____

Zip: _____

Emergency Contact #: _____

Email: _____

Shirt Size- Youth: S M L Adult: S M L XL

Walk-Ups are \$25 per session + \$2.50 Sports Connect fee

Registration is accepted online. There is a Sports Connect **\$2.50 fee on all transactions. Credit Card fee *** \$3.00

Waiver Information All campers must have their own medical coverage. The camp provides only excess coverage (does not cover deductibles) after your insurance policy has been utilized. Campers will not be allowed to play unless the following information is submitted and the form signed by the parent or guardian of the camper. Player's Insurance Company _____

Policy Number _____

Policy Holder's Name _____

I give my written permission for my child to be treated by a doctor if necessary. He/she is physically fit per our family doctor. Signature of Parent or Guardian _____



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GKs receive 45 minutes of SAQ and 45 minutes of GK activities