

2007 Pre-Season Speed and Performance Training for Texans FC Soccer Players

Special Offer

Register for our Sports Performance,, **speed, quickness and agility training** and save! **Increase your speed, quickness and conditioning** to prepare for season.

Texans FC Special:

\$120 for the camp which includes **FREE follow up training** during the season so that skills learned at the camp are not lost. Follow up training will be conducted at Concordia Lutheran and Meyer Park in conjunction with Texas FC training schedule during the months of September-November. **This is a great value for all that participate!**

When: August 6-9

Time: Ages 9-13 (6-7pm)

Ages 14-18 (7-8pm)

Where: Concordia Lutheran High School

Register by mailing the attached Enrollment form with full payment to: (Make check out to CAP Elite)

CAP Elite

Texans FC Speed Camp

19 Alba Rd

Montgomery, TX 77356

Please register by July 27, 2007. Late registrations may be charged an additional \$10.

About CAP Elite

CAP Elite is an advanced, cutting-edge sports performance training company that is setting new standards by using scientific research and technology to combine traditional strength training philosophies with functional performance techniques. The result is a world-class program that systematically progresses athletes of any level from a foundation of **joint integrity** and **injury prevention**, through **explosive strength training**, and ultimately fine tuning **agility** and athletic **speed**. The end result is a total increase in athleticism that help our athletes in any sport.

CAP Programs™ include combinations of strength, power, speed, balance and agility.

Contact

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CHAMPIONS TRAIN HERE!

