



Soccer Performance Training Academy

Instructor: Carl Gardner is a certified USSF, NSCAA and USATF coach and trainer. Carl is the Founder and commissioner of the Wisconsin Women's Premier League and Tournament. Carl Presently serves as the head boy's soccer coach at Kimberly high school and the head girl's track and field coach at Appleton West high school. Carl has 12 year of college coaching experience and 30 years of youth, high school and amateur coaching experience.

Date: Sunday Apr 11, 18, 25 May 2nd, 9th, 15th and 23rd

Time: 2:00 to 3:00 or 3:00 – 4:00 **Fee:** \$120 per participant **Site:** TBA

Our Academy program enhances player skills through the parallel development of the player's fitness, Core development as well as the introduction of performance training. The health and fitness is key to the development of the player's speed, agility and coordination. Our need to focuses on tempo and rhythm as part of the training is key to the programs success.

Individual Registration and Waiver

Player Name: _____ **Age:** _____ **Gender:** _____

Address: _____ **City:** _____ **Zip:** _____

School: _____ **Coach:** _____

Skill Level: Intermediate Advanced **Program Level:** Varsity JV freshman

Position Def Mid FW GK

Waiver of Liability

I understand that the training program and camp deposit is non-refundable. I hereby authorize the staff of Wisconsin Academy of Sports Inc. to act for me according to their best judgment in any emergency requiring medical attention to my child.

I hereby waive and release Wisconsin Academy of Sports Inc. and its staff and affiliates from any and all liability for any injuries and illnesses incurred while involved with any W.A.S. Inc. Programs. I hereby warrant that my child is in good health and is able to participate in this program. I have read, agree, and understand the above. (Our staff is not responsible for administering medication to participants.)

Parent or Guardian's Signature: X _____ **Date:** _____

Make checks & Mail registrations to:

Wisconsin Academy of Sports Inc
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Appleton, WI 54914

website: gardnersports.com

email: gardnersports@sbcglobal.net