

# WE KNOW ATHLETES

**ATHLETIC REPUBLIC®**  
PERFORMANCE SPORTS TRAINING

## AROC SUMMER SOCCER CAMP

### GUEST COACH: *Rianne Schorel*



Rianne Schorel is an All American, All GSAC, All Region, Biola Hall of Fame, former international soccer player and former Dutch national player. Although Rianne had to give up playing due to a head injury, she still travels and enjoys teaching and coaching! Her injury inspired her to become an international book author, writing "Life With My Concussion". Rianne believes in providing young soccer athletes with the opportunity to reach their greatest potential by being challenged in a safe, encouraging and fun environment. Recognizing and developing good habits in all aspects of the game is essential. She firmly believes in building confidence not only the game of soccer but also the game of life.

#### **Soccer Camp will Include:**

- Technical drills to develop ball mastery
- Tactical skills to develop better soccer IQ
- Proper movement skills to maintain possession and execute passes
- Agility exercises to improve quicker feet and change of direction
- Strength exercises to improve power and explosiveness
- Mobility and flexibility

All training will take place inside AROC's air-conditioned performance training center!  
Only 10 spots available weekly!

#### **7 Weeks**

Ages 8+ • June 19 - August 2 • Tuesday - Thursday\* • 1:00 - 2:30

#### **Cost**

(1) Week = \$100

(2) Weeks = \$90/Week

(3) Weeks = \$80/Week

(4+) Weeks = \$70/Week

\* July 4th week we will train Monday, Tuesday, Thursday

## **ATHLETIC REPUBLIC ORANGE COUNTY**

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