

LOYALTY PROGRAM

If you are currently attending a 6 Week Program, you may save 15% off the next scheduled program. Visit our website for details.

VIP MEMBERSHIP

Become an official 6 Week Program VIP Member and attend as many as 4 sessions per week for 1 entire year. (7 programs offered per location per year)

STAFF

Our Elite Trainers teach from experience, using the exercises that helped them achieve athletic success. The staff includes current and former professional, college, club and high school athletes, several of which are now coaches. Elite Trainers are required to attend Elite FT's education program, titled **The Elite Way!** This program educates the staff on how the company operates, both on and off the field, while fostering a belief in our philosophy, standards and expectations for each one of the Elite Trainers.

Confident. Disciplined. Elite.



www.eliteft.com

Space is limited. Registration closes one week prior to camp.
Register online or mail registration form.

(618) 972-1830

INFO@ELITEFT.COM



PRICE CHART	AGES	REG \$	LOYALTY	VIP
LIL JRS	2 to 3	\$55	\$47	\$289
JRS	4 to 5	\$65	\$55	\$342
BIG JRS	6 to 7	\$75	\$64	\$394
S&S	6 to 11	\$95	\$81	\$498
SKILLS	8+	\$95	\$81	\$498
S&S	12+	\$95	\$81	\$498

VISIT OUR WEBSITE FOR COMPLETE DETAILS.

ALTON · BELLEVILLE · GLEN CARBON · O'FALLON

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Summer 1: STARTS WEEK OF JUNE 17

Summer 2: STARTS WEEK OF AUGUST 18



*Over a Decade of Tradition...
A Lifetime of ELITE Success!*

PLEASE PRINT CLEARLY · PLEASE PRINT CLEARLY · PLEASE PRINT CLEARLY · PLEASE PRINT CLEARLY

Athlete's Name: _____ Age: _____

Parent's Name: _____

Mailing Address: _____

Phone: _____ Email (required): _____

Program: _____ Start Date: _____

CIRCLE LOCATION: ALTON BVILLE GC-TUES GC-WED OFAL

CIRCLE SHIRT SIZE: YXS YS YM YL S M L XL

On behalf of myself and my child, I certify that my child is in normal health and capable of participation in this program. I further understand that participation in this program involves risk and possible injury and represent to Elite FT that my child has medical health insurance to cover any injuries sustained as a result of participation in this program. It is agreed that Elite FT directors and/or staff assume no liability for injuries sustained as a result of participation in the program. I authorize the Elite FT staff to secure emergency medical treatment should my child require it. Further, I grant full permission for the free use of my name and/or any photographs, videotapes. Motion picture recordings, or any other record of this event for legitimate purposes.

Signature: _____

SUMMER1

OR

SUMMER2



6 WEEK PROGRAM

PLEASE VISIT

www.eliteft.com

FOR DATES AND TIMES

(visit website for full program descriptions)

PROGRAM INFORMATION

STRENGTH AND SPEED TRAINING (S & S), \$95

FOR ATHLETES OF ALL SPORTS

- **Ages 6 to 11**
 - Proper running mechanics
 - Technique of strength exercises
 - Conditioning
- **Ages 12+**
 - Improve speed and agility
 - Increase core strength w/ proper technique
 - Conditioning

JUNIORS SOCCER PROGRAM (ages 2 to 7)

- **Little Juniors (ages 2 to 3, with parent), \$55**
 - Class time is 40 minutes
 - Fun games
 - Introduction to soccer
 - Used to group environment
- **Juniors (ages 4 to 5), \$65**
 - Fun games with the ball
 - Scoring goals
 - Dribbling skills
- **Big Juniors (ages 6 to 7), \$75**
 - Introduction to footskills
 - Small-sided games
 - Scoring goals

SOCCER SKILLS (ages 8 to 10; 11+), \$95

- Weak foot
- Juggling
- 1v1 moves
- First touch

GOALKEEPER TRAINING (ages 8 to 10; 11+), \$95

OFFERED ONLY TUESDAYS IN GLEN CARBON

- Diving Correctly
- Softer Hands
- Punting

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6 HIGHLIGHTS OF THE 6 WEEK PROGRAM

- 1) At Day 1, athletes will receive a FREE Elite FT Training T-Shirt color specific to their program. Athletes are encouraged to wear their shirt for every week of training.
- 2) If you cannot attend a session, you can make it up in any other location.
- 3) All sessions are 55 minutes (except Little Juniors is 40 minutes)
- 4) Discounts are offered for VIP Membership, Loyalty, Groups (6 or more), siblings, attending multiple camps and military. Only 1 Discount applies.
- 5) All Programs offered year round in multiple locations.
- 6) Typically, new Programs start every 7 weeks (1 week is taken off between programs for staff education).

Elite FT, founded in 2002, is an Elite Fitness Training organization that specializes in speed training for athletes of all sports and offers soccer specific programs. We train athletes ages 2 through 18, as well as college and professional. Elite FT offers training all year round, throughout the entire Southern Illinois area.

Our DISCIPLINED style of training helps athletes get out of their comfort zone and improve at every session, creating more CONFIDENT athletes. The experienced, educated, charismatic staff of Elite Trainers and Directors teach techniques and push athletes to the edge, while still making training enjoyable, leading them one step closer to achieving their goals and dreams of becoming ELITE.

www.eliteft.com

INDIVIDUAL AND TEAM TRAINING AND
SCHOLARSHIP INFORMATION ALSO
AVAILABLE ONLINE.

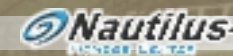
Discounts ONLY ONE MAY APPLY

- 20% off groups of 6 +
- 10% off multiple camps
- 10% off siblings
- 10% military discount

(Loyalty and VIP Membership information on back)

DATES, TIMES, LOCATIONS

ALTON



4425 Industrial Dr · Alton, IL 62002

SUNDAYS

SUMMER 1: July 7, 14, 21, 28; August 4, 11

SUMMER 2: August 18, 25; Sept. 8, 15, 22, 29
(off Sept. 1st Labor Day Weekend)

JUNIORS PROGRAM (ages 2-7) S & S (ages 6-11) 4:00-4:55PM
SOCCER SKILLS (ages 8-10;11+) S & S (ages12+) 5:00-5:55PM

BELLEVILLE



2346 Mascoutah Ave · Belleville, IL 62220

Programs will be outdoors unless it rains. Please bring both sets of shoes.

THURSDAYS

SUMMER 1: June 20, 27; July 11, 18, 25; Aug. 1
(off July 4th Independence Day)

SUMMER 2: August 22, 29; Sept. 5, 12, 19, 26

JUNIORS PROGRAM (ages 2-7) S & S (ages 6-11) 5:30-6:25PM
SOCCER SKILLS (ages 8-10;11+) S & S (ages12+) 6:30-7:25PM

GLEN CARBON



101 The Game Dr · Glen Carbon, IL 62034

TUESDAYS

SUMMER 1: June 18, 25; July 9, 16, 23, 30
(off July 2nd Independence Week)

SUMMER 2: August 20, 27; Sept. 3, 10, 17, 24

GK's (8-10), JUNIORS (2-7), S & S (6-11) 5:30-6:25PM
GK's (11+), SOCCER (8-10;11+), S & S (ages12+) 6:30-7:25PM

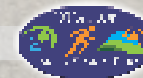
WEDNESDAYS

SUMMER 1: June 19, 26; July 10, 17, 24, 31
(off July 3rd Independence Week)

SUMMER 2: August 21, 28; Sept. 4, 11, 18, 25

JUNIORS PROGRAM (ages 2-7) S & S (ages 6-11) 5:30-6:25PM
SOCCER SKILLS (ages 8-10;11+) S & S (ages12+) 6:30-7:25PM

O'FALLON



O'Fallon Sports Park · 301 Obernuefemann

Class will meet southeast of the pavilions next to the turf field.

MONDAYS

SUMMER 1: June 17, 24; July 8, 15, 22, 29
(off July 1st Independence Week)

SUMMER 2: August 19, 26; Sept. 9, 16, 23, 30
(off Sept. 2nd Labor Day)

JUNIORS PROGRAM (ages 2-7) S & S (ages 6-11) 5:30-6:25PM
SOCCER SKILLS (ages 8-10;11+) S & S (ages12+) 6:30-7:25PM