



## Building a Better Athlete

The Lee's Summit Soccer Association is dedicated to providing our athletes with the best athletic training

environment in Missouri or Kansas. These sessions will be offered by professional, licensed sports trainers in conjunction with BOOST Sports Performance and ZSports.



### Training Sessions will include...

**Skills:** The focus will be on fast foot work, advanced foot skills, and overall balance

**First Step Speed:** Learn how to exccelerate properly and reach full speed faster

**Coordination:** Players will be using different techniques forward, backward, and laterally to better adjust to change of direction

**Speed, Agility, and Quickness (SAQ)**  
Cone drills, parachutes, hurdles, bungees, explosive movements, lateral movements, foot speed drills, proper movement techniques, core strengthening, and flexibility. Develop upper and lower body strength and power using all the latest training principles and equipment including Vertimax, Shuttle, and Keiser.



**SIGN UP NOW!!!**

REGISTRATION OPENS OCTOBER 25<sup>TH</sup> AND IS OPEN ONLY TO THE FIRST 100 ATHLETES. SESSIONS WILL BE HELD MONDAY EVENINGS 6 - 7PM AT Z SPORTS ARENA FROM DECEMBER 5<sup>TH</sup> THROUGH FEBRUARY 27<sup>TH</sup>.

**SESSION PACKAGES:**

LSSA MEMBERS \$12.50 PER SESSION FOR 1-6 SESSIONS  
 LSSA MEMBERS \$11.50 PER SESSION FOR 6-10 SESSIONS  
 LSSA MEMBERS \$10.00 PER SESSION FOR 12 SESSIONS  
 LSSA TEAM SPECIAL \$125.00 PER TEAM UP TO 16 PLAYERS  
 NON-LSSA MEMBERS ADDITIONAL \$2.50 PER SESSION

LOCATION:  
 Z SPORTS ARENA  
 707 DOC HENRY RD.  
 GREENWOOD, MO. 64034

FOR MORE INFORMATION CONTACT GREG AT (816)524-1442,  
[GREG@BOOSTKC.COM](mailto:GREG@BOOSTKC.COM) or [admin@lssa.org](mailto:admin@lssa.org)

### Registration

**Participant Name:**  
**Age:**  
**Address:**  
**City/State/Zip:**  
**Home/Cell Phone:**  
**Parents Name:**  
**Email:**

**Sessions Purchasing (circle one):**

\$12.50 per session	1-6 Sessions
\$11.50 per session	6-10 Sessions
\$10.00 per session	All 12 Sessions
\$125.00 team training	Team Name _____

**Check the sessions you are registering for:**

___ 12/05	___ 12/12	___ 12/19
___ 1/02	___ 1/09	___ 1/16
___ 1/23	___ 1/30	___ 2/06
___ 2/13	___ 2/20	___ 2/27

Please email registration to [greg@boostkc.com](mailto:greg@boostkc.com) or mail to:  
**Boost Physical Therapy and Sports Performance**  
 1254 SE Century Dr. Lee's Summit, MO 64081