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## Soccer Performance Camp

### Novant Health Sports & Performance Medicine powered by EXOS

This camp is for soccer players who want to improve their speed, agility, acceleration and overall fitness. The camp will include performance assessments for speed, agility, acceleration and jumping ability. Assessments for left/right movement imbalances will also be included which are critical for maximizing performance and reducing injury. Athletes will enhance their strengths and address their limitations via performance training while also working on their technical skills with the ball. Soccer specific fitness will be enhanced via small sided possession and games to goal. We strive to provide a fun, competitive, safe environment for all athletes to help them reach their goals!

The soccer camp will also have guest appearances by Charlotte Independence players. In addition, each participant will receive a ticket to the Charlotte Independence match taking place the Wednesday of their camp week.

Middle school athletes (12 – 14yo) ~ July 9 – 12, 4 – 6pm  
High school athletes (15 – 18yo) ~ July 16 – 19, 4 – 6pm

Mondays: Testing held at NHEXOS facility  
Tues – Thurs: The Sportsplex at Matthews

**\$89 per week**

**Grab your spot! Give us a call or sign up online through MindBody.**

#### Contact us

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