



## **Speed Quest Soccer Camp Coming to Anchorage June 25-26!**

At Speed Quest Instruction we offer Sport Specialized Training for every athlete for **every sport!** We break down the most fundamental movements of sport and teach your body how to efficiently perform those movements. Some key points we cover:

- \* **1st-Step Explosion**
- \* **Breakaway Speed**
- \* **Vertical Jump**
- \* **Increased Balance and Footwork**

Don't miss out on your opportunity to gain that extra edge over your opponents!

**Location: The Dome**

**Date: June 25 and June 26**

**Two sessions per day 9:00am 12:00 pm and 1:00pm – 2:00pm**

**Cost: \$90 per athlete (ages 12 and up) for 8 hours of training  
(Includes T-Shirt)**

**Remember to bring training shoes, water, and lunch!**

**A registration form can be downloaded at:**

**<http://www.speedquest.net/downloads/enrollmentform.pdf>**

**Mail your registrations to:**

**Dan Pinkerton  
18452 Jude Island Circle  
Eagle River, AK 99577  
(907) 250-5819**

**For any other questions and online registration please visit**

**[www.speedquest.net](http://www.speedquest.net) or reach us by any method below:**

**Speed Quest Instruction, Inc Phone: (800) 430-0555**

**Email:[info@speedquest.net](mailto:info@speedquest.net)**