

Geared towards Middle School and High School soccer players entering grades 6—12 as of 9/2019. Travel/school soccer experience recommended.

- 15 minute ball skills, strengthening and stretching
- 35 minute free play
- 10 minute break and instruction
- 30 minute free play
- 5 minute cool down

Wednesdays, 9 am to 10:35 am
July 3, 10, 15 (Monday), 17
Cost: \$60 per player
Location: Orchard Park Soccer Club Milestrip Road, rain or shine.

CAMP QUAKER

Free play soccer at the
Milestrip Road Soccer Complex



Register at
www.orchardparksoccer.org

Run by OP High School Varsity and JV coaches:

Mr. Graffeo,
Ms. Asqueth
Mr. Ademec,

