



High Performance Summer Training Program 14yrs +

This program is designed for Premier players only. TOFC, Provincial, Rep & Academy players are welcome to attend. Session main targets are individual skills, decision making, speed of play and improve a better first touch.

14 Sessions will be held every Monday and Wednesday 6:30pm – 8:00pm at the air conditioned Soccer Quest indoor facility. Only 20 spots available.

Sessions start Wednesday June 21 and run to August 16. All sessions will be instructed by a licensed professional coach.

There could also be a High Level tournament event in July/August.

Cost \$200.00 to register online go to www.soccerquest.ca or call the office 250-554-GOAL

High Performance Summer Training Program 10 – 13yrs

This program is designed for players aspiring to play TOFC, Provincial, Rep & Academy. Session main targets are individual skills, decision making, speed of play and improve a better first touch.

14 Sessions will be held every Monday and Wednesday 5:00pm – 6:30pm at the air conditioned Soccer Quest indoor facility. Only 20 spots available.

Sessions start Wednesday June 28 and run to August 21. All sessions will be instructed by a licensed professional coach.

There could also be a High Level tournament event in July/August.

Cost \$200.00 to register online go to www.soccerquest.ca or call the office 250-554-GOAL