

# **Pantuosco's Soccer Camp CT and Pantuosco's Peak Performance High School Week**

Coming this summer to Somers CT, PSCCT and PPP will be combining to introduce an incredible camp experience that is being offered to high school girls only. The week of August 15<sup>th</sup> at Field Road in Somers these two traditions will come together for five evenings of soccer education and speed and agility training together forming a very unique experience.



***Pantuosco's Soccer Camp*** will be entering its 33<sup>rd</sup> year this coming summer. Since 1979 PSC has educated and delighted over 20,000 campers. We instill self confidence and soccer skills through a purely enjoyable, educational and recreational atmosphere. Pantuosco's Soccer Camp CT will be in its inaugural season this summer.

***Pantuosco's Peak Performance*** is a unique program focused on speed and movement training designed to enhance and improve all areas of athletic performance. Understanding that movement is the primary factor in all sports, our training methods are designed to effectively improve optimal movement, speed, strength, power, balance, trunk and core stability, explosion, and recovery to enhance the athletic performance. Injury prevention is also a major component of this camp.

***Coach John Pantuosco*** of Somers High School has been one of the most successful soccer coaches in Connecticut the past decade. Somers High School was chosen by the Hartford Courant as the # 1 team in the state for smaller schools. Pantuosco firmly believes that camps and speed and agility training have helped Somers soccer become as successful as they are. **Pantuosco's staff is as excited and passionate about soccer as a staff could be.**

***Come and experience this dynamic combination  
of soccer with speed and agility training.***

*Our evening program is August 15-19 from 4:30-7:30 pm for high school girls only. Tuition is \$130 per camper. Applications and medical forms are available at [www.somersct.gov](http://www.somersct.gov) then click on recreation dept. If you have any questions call John Pantuosco at 860-749-8814 or e-mail @ [shellypan@earthlink.net](mailto:shellypan@earthlink.net).*