Dear Foxboro Soccer Coaches, Parents and Friends,

Foxboro Youth Soccer has been working with Elite Sports Performance & Physical Therapy to put together an exciting free clinic for you! On May 6, 2019 at 8:00 pm, Elite will be giving a presentation and demonstration on how to perform an effective soccer warmup along with soccer-specific exercises that have been proven to reduce the frequency and severity of lower body injuries. Elite’s presentation and demonstration will include the scientifically proven 11+ (formerly FIFA 11+) warmup program that is used by professional, club and youth soccer teams and programs around the world. Player health and safety is our first and most important responsibility, and the 11+ warmup program has been proven to reduce injuries in youth soccer players by 35-45 percent and reduce the severity of injuries by 20-30 percent.

This program is for anyone who coaches, trains, parents or mentors a soccer player. The presentation / demonstration will be given at Elite’s training facility located at 97 Green Street, 2nd Floor, Foxboro (2nd floor of Mass Premier Courts). We look forward to seeing you at this unique and valuable opportunity! If you have any questions, please contact Chris Pollart at [cpollart@foxborosoccer.org](mailto:cpollart@foxborosoccer.org).