

BIG EAST GOALKEEPER CAMP

Come and train this spring with Easton Folster, former Division I goalkeeper, and a goalkeeper trainer with the Rio Rapids. Easton played for Campbell University and in the PDL with Brigham Young University. Easton has been training goalkeepers of all ages and abilities for over 8 years. He has an understanding of how to help young goalkeepers make it to the next level, by focusing on fundamentals, technique, and positional approach.

The camp will include a focus on: correct positioning, footwork, agility, catching, diving technique, cross defense, and distribution. Goalkeepers will leave with a series of take-home exercises

The camp will serve as an opportunity for younger goalkeepers to learn new concepts and proper technique, while giving older, more experienced goalkeepers a training ground to improve on their current abilities.

The camp is also an introduction to Easton as a private goalkeeper trainer, as he offers private lessons to goalkeepers in the ABQ/Rio Rancho area.

Camp Dates: Feb 7-9; 4:45-6:15pm

Feb 15-17; 4:45-6:15pm

Cost: \$75 per player*

Where: Arroyo del Oso Park

***Group signup discount available. Contact Easton for more information.**

Sign up by calling/texting: 385-208-8266 (Cell). Deadline to sign up the first camp is Feb 6th, deadline for the second camp is Feb 14th.

