

Fitness, Speed & Agility Training

**BY
ELYSE DIAMOND**

Hamilton North H.S. Girls Soccer Coach 1989-Present
High School All-American 1980
Junior College All-American 1982-1983
NJ Sportswriters College Athlete of the Year 1982, 1984
Former Rutgers University Soccer Player 1984-1985
Health & Physical Education Teacher
Five-time Mercer County Coach of the Year
Central Jersey Coach of the Year 1999
7 High School CVC Championships
First Woman Inductee Mercer County Soccer
Hall of Fame / Hamilton West Hall of Fame
Certified/Licensed Competitive Coach & Team Trainer
Mercer 33 Coach of the Year / Over 500 Career WINS
Member NSCAA – National Soccer Coaches Association 89-Present
Member Mercer Coaches Association
Member of NJAHERD
Director of Focus on Girls Soccer Camps

Individual and Team Training

- ❖ **Running Techniques & Refinement**
- ❖ **Speed Agility & Quickness**
- ❖ **Strength and Conditioning**
- ❖ **Plyometrics**
- ❖ **Coordination & Balance Drills**

Work with Individuals/Teams/or Small Groups, Flexible Schedules

March thru August 2011

For More Information Call:

Elyse Diamond

609-731-6178