

2008 SUMMER SOCCER CAMPS

2008 Camp Schedule

(All camps are held at Hunziker Youth Sports Complex)

<u>Dates</u>	<u>Camp Type</u>	<u>Age Group</u>
June 16 – 19 th	Jr. Skills I	5–14 years
July 7 – 10 th	Speed & Agility I	11–18 years
July 7 – 10 th	Jr. Skills II	5–14 years
July 28 – 31 st	Keeper/Striker	9–18 years
August 4 – 7 th	World Cup Scrimmage Festival	7–18 years
August 4 – 7 th	Speed & Agility II	11–18 years
August 11 – 15 th	Pre-Season Training Camp	9–18 years

See back page for specific times and costs



To register and for more information see back page

Questions??? Contact Gary Eyles 515-360-5117 or garykix@mchsi.com

www.amessoccer.org

Junior Skills I (June 16–19) and Jr. Skills II (July 7–10)

A camp aimed at players between the ages of 5–14. Players will receive expert coaching on all the basics of soccer skills including dribbling, control, passing, and shooting. The core of the camp will be the small-sided games that encourage players to practice their newly- acquired skills in a game-like environment. The goal is to teach soccer skills in a fun way so that players develop a passion for the sport.

Ages, Cost & Times: 5–8 years \$45 (9–10:30 a.m. or 1:30–3 p.m.) * 9–14 years \$60 (10:30–12:30 p.m.)

* p.m. session offered for June 16-19 week only

Speed & Agility I (July 7–10) and Speed & Agility II (August 4–7)

The game of soccer is often won or lost over the first 5 yards. Improve your chances of success by signing up for a program that will develop speed and agility. Fun and varied exercises will be used to train players how to push their bodies to the next level and unleash acceleration they never knew existed!

All players will be given a handout of training exercises learned at the camp to continue to work on in their own time.

Ages, Cost & Times: 11–18 years \$45 (8:30–10:00 a.m.)

Keeper-Striker Camp (July 28–31)

Always a popular camp since all activities focus on different ways of finishing and all types of shot stopping. Sessions are centered around what goes on in and around the goal area. Repetition is the name of the game, and by the end of the week all players will come away more confident about their specific position. Plenty of balls will be on hand so that no time is wasted chasing missed shots or retrieving balls out of the back of the net because another shot or another save is just around the corner. Players may split time between keeper and striker positions.

Ages, Cost & Times: 9–12 years \$60 (9–11 a.m.) 13 & 14 years \$60 (11–1 p.m.) 15–18 years \$60 (2–4 p.m.)

Pre-Season Training Camp (August 11–14)

Get a head start on the rest of the competition with a pre-season training camp. Players will receive quality coaching in the technical, tactical, physical, and psychological components of the game. Training sessions will involve small-sided games of 4 vs. 4 leading up to full-sided games of 8 vs. 8 and 11 vs. 11. Functional training will train players in the area of the field where they play, helping them hone in on more specific skills required to play their particular positions.

Age Group & Times: 9–U12 years \$60 (9–11 a.m.) 13 & 14 years \$60 (11–1 p.m.) 15–18 years \$60 (2–4 p.m.)

World Cup Scrimmage Festival (August 4–7)

"When are we going to scrimmage?", is probably the most asked question by young players. This camp is designed to whet the player's appetite for scrimmaging, as the vast majority of time will be spent doing just that—scrimmaging! After a warm-up of dynamic exercises and fast foot work skills, players are selected to teams and play scrimmages for the remainder of the session. Players will experience various small-sided games playing with or without keepers.

Ages, Cost & Times: 7–10 years \$45 (9–10:30 a.m.) 11–18 years \$60 (10:30–12:30 p.m.)

- Use age group participated in during fall 07/spring 08
- Players receive a \$10 discount per camp for each additional camp after the first registration.
- Camps open to ALL players regardless of club affiliation
- Players will receive a camp T-shirt at each camp attended. The T-shirts will be a different design/color for each camp. T-shirts are not guaranteed for those players who register within two weeks of the camp.

REGISTRATION FORM
(One form per player)

Player Name _____ DOB _____ Parents/Guardian Name _____

Address _____ City _____ Zip _____

Tel. #. _____ Cell #. _____ Email _____

Shirt Size (Circle) YM YL S M L XL Player's Age _____

Camp(s) (check box) Jr. Skills I a.m. Jr. Skills I p.m. Junior Skills II Keeper-Striker

Speed & Agility I Speed & Agility II World Cup Fest. Pre-Season Training

I hereby release Ames Soccer Club and the coaches from any and all claims and liabilities of any kind of personal injury and property damage arising out of participation in this soccer camp. I certify that my child is in good health and is able to participate in all activities.

NAME: _____ SIGNED: _____ DATE: _____

Please make all checks payable to **Ames Soccer Club** & send to Gary Eyles, C/O Summer Camps, 5201 Cervantes Drive, Ames, IA 50014