



www.amessoccer.org

# 2009 SUMMER SOCCER CAMPS

**Free soccer ball with 1st registered camp**

**Free T-shirt with all remaining camps**

**ALL interested players welcome regardless of club affiliation**

## ***Junior Skills I (June 22–25) and Jr. Skills II (July 6–9)***

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.) 9–14 years \$65 (10:30–12:30 p.m.)

## ***Speed & Agility I (July 6–9) and Speed & Agility II (July 27–30)***

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. Players will receive T-shirts for these camps.

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

## ***Keeper-Striker Camp (July 20–23)***

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 \$65 (9–11 a.m.) 13 & 14 years \$65 (11–1 p.m.) 15–18 years \$65 (2–4 p.m.)

## ***World Cup Scrimmage Festival (July 27–30)***

"When are we going to scrimmage?", is probably the most frequently 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 \$65 (10:30–12:30 p.m.)

## ***Pre-Season Training Camp (August 10–14)***

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: 9–12 years \$65 (9–11 a.m.) 13 & 14 years \$65 (11–1 p.m.) 15–18 years \$65 (2–4 p.m.)

***Sign-Up NOW by completing the registration form on next page***

# Coaching Staff



## Gary Eyles

- Director of Coaching, Ames Soccer Club
- USSF "A" Coaching License
- USSF National Youth Coaching License
- Lead instructor of coaching licenses for Iowa Soccer Association
- Four-year starter at Florida Institute of Technology (B.S. Business Communications, 1991)
- Apprentice-Professional Soccer Player, Bristol Rovers, England 1985-1987



## Nuno Ferreira

- Assistant Director of Coaching, Ames Soccer Club
- USSF "B" Coaching License
- NSCAA National Diploma
- NSCAA National Goalkeeping diploma
- Former player of Clube de Futebol os Bucelenses (Portugese National 3rd Division)

Additional qualified coaching staff will be used where numbers dictate

Players who sign up within two weeks of scheduled camp will not be guaranteed a ball/T-shirt  
 Players will receive confirmation of camp entry and updates approximately 1 week prior to camp starting  
 Questions: contact Gary Eyles, garykix@mchsi.com or 515-360-5117  
 All camps will be held at the Hunziker Youth Sports Complex

## REGISTRATION FORM (One form per player)

<p><b>Camp(s) (check box)</b></p> <p><input type="checkbox"/> Jr. Skills I</p> <p><input type="checkbox"/> Jr. Skills II</p> <p><input type="checkbox"/> Keeper-Striker</p> <p><input type="checkbox"/> Speed &amp; Agility I</p> <p><input type="checkbox"/> Speed &amp; Agility II</p> <p><input type="checkbox"/> World Cup Fest.</p> <p><input type="checkbox"/> Pre-Season Training</p> <p><b>Total Owed</b> _____</p> <p><b>Minus Discount *</b> _____</p> <p><b>Total Payment Enclosed =</b> _____</p> <p><b>* Receive \$10 off each camp after 1st one</b></p>	<p><b>Player Name</b> _____ <b>DOB</b> _____ <b>Age</b> _____</p> <p><b>Parents/Guardian Name</b> _____ <b>Email</b> _____</p> <p><b>Address</b> _____</p> <p><b>City</b> _____ <b>Zip</b> _____</p> <p><b>Tel. #.</b> _____ <b>Cell #.</b> _____</p> <p><b>T-shirt Size (Circle):</b>    <b>YS</b>    <b>YM</b>    <b>YL</b>    <b>AS</b>    <b>AM</b>    <b>AL</b></p> <p>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.</p> <p>NAME: _____ SIGNED: _____ DATE: _____</p> <p><i>Please make all checks payable to <b>Ames Soccer Club</b> &amp; send to Gary Eyles, C/O Summer Camps, 5201 Cervantes Drive, Ames, IA 50014</i></p>
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### OFFICE USE ONLY

**Amount Received** \_\_\_\_\_ **Check #** \_\_\_\_\_ **Date Received** \_\_\_\_\_