Program Director

Todd Cook

Northstars Soccer Cl ub-Director of Coaching (2003-Present)

Director of Men's Soccer Operations-Syracuse University

Skaneatel es Girl s Varsity Soccer Head Coach (2012-2014)

2012 & 2013 Liberty League Coach of the Year

USSF National C & D License 4-Year LeMoyne College Soccer Player London, England Soccer Tour LeMoyne College August 2001 U7 Mini Northstars Travel Team Coach

U7 Mini Northstars Travel Team Coach U9 Jr. Northstars Travel Team Coach

2016 Camp Staff: Our staff is proud to partner with the Syracuse Sil ver Knights Professional Indoor Soccer team in bringing our community a professionally run Youth Soccer Camp! Sil ver Knights Professional player Vittorio Petrera wil I coach the campers in addition to the Northstars Soccer Club coaches. The camp staff is composed of National I y certified coaches including professional players. These qualified professional s will provide quality coaching, while helping youngsters build alove for the game. Correct skills will be demonstrated by coaches for players to visual ize what they will need to do. A full-time goal keeper coach will be avail able. The coach to player ratio is kept to approximately 1-to-10 in order to maximize personal ized training.



Mail Application & \$80 Fee to:

Northstars Soccer Club PO Box 72 North Syracuse, NY 13212

Checks Payable To:

Town of Clay-(NSC Silver Knights Soccer Camp)

Pre-registration Deadline:

Jul y 1st, 2016

Walk-up registration will be accepted with a \$5 late fee.

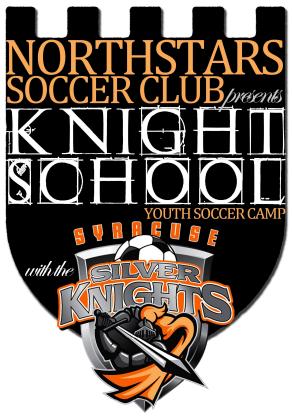
For More Information:

www.northstarssoccerclub.com

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Date: Jul y 11th - 14th, 2016

"Mini Knights" Boys & Girl s:

Ages 5 – 13 yrs. Old 9am – 12 noon (Drop off between 8:30-9am) (Open to any interested participants) (Pl ayers grouped by age and abil ity)

Enrollment Cost: \$80

includes 12 Hrs. professional Coaching, Official Knight School Jersey

Location: Roxboro Road Middl e School (Mattydal e, NY)

Player Participation Rational e:

Players will learn various practice drills from the coaches at camp they can do at home over the summer. The best players are the ones who enjoy soccer and practice & play with their friends at home or the park. Coaches will teach players necessary basic skills needed for the game of soccer. It is our goal to maximize our young athletes' learning of essential techniques & tactics through fun & dynamic practice sessions.



Camp features:

- ★ USSF Certified Coaching Staff
- ★ Silver Knights Professional Players running dail y practice stations with all campers!!
- Speed & agility boot camp training Provided by: ASPEN Athletic Club
- ★ Goal keeper Training
- ★ Skills Competition Challenge
- ★ Water Fun Obstacle Course
- ★ Gatorade Challange
- ★ Player evaluations
- ★ Participation Certificate
- ★ Facilities: 2 full size soccer fields
- ★ Emphasis on small-sided games
- ★ Small group training stations
- ★ Film Study Station in the Classroom
- ★ Team 5 v. 5 World Cup Tournament Last 45 min. each day
- ★ Camp award ceremony
- ★ Jersey for all campers
- ★ Fun Station!! (Soccer Tennis, Soccer Volleyball, Soccer Golf, Soccer Curling, European Handball, Crossbar Game, Juggling Contest)
- ★ Athletic Trainer On-site
- **★** Autograph opportunities
- ★ 1 Free Voucher for a 2016-17 Home Game
- ★ Free lunch last day of camp for all campers

Camp Goals & Objectives:

- ★ Emphasis is on the individual player. Our primary focus is the technical skill development of each child.
- ★ Provide serious young soccer pl ayers with developmental tools in a highly structured, Yet FUN environment.
- ★ Teach & Devel op advanced technique (I earning simpl e-to-compl ex) ie.) Proper passing & receiving techniques
- ★ Technical training involves the Learning of skills such as heading, dribbling, Passing & shooting. Technical skills are discussed, demonstrated, and completed in 1-on-1 groupings
- ★ Improve tactical awareness in individual and collective attacking & defending
- ★ Tactical training teaches players to make strategic decisions.
- ★ <u>Functional training</u> allows our campers to put that newly learned skill or knowledge into practice. Our camp does that through small-sided games.
- ★ Physical training Our preparation to play soccer involves aerobic, anaerobic, & plyometric (agility) conditioning.
- ★ Confidence building & Leadership are emphasized every session. This positive reinforcement motivates campers to develop a sense of excellence.
- ★ Build friendships & team chemistry from a young age.
- ★ Eval uate pl ayer abil ity level & off-season progression and give them useable feedback at the end of the camp
- ★ Equip all players with advanced skills and knowledge of the game in a nurturing environment.
- ★ The focus at this age is to make pl ayers more comfortable with the ball at their feet and introduce the game in a relaxed environment.
- ★ Our goal is to make sure all the players become technically sound on the ball, so that they can spend their time managing the challenges in the game, not the challenges of the ball, thus making soccer more enjoyable to play.

Limit 75 Participants



Registration Application "Knights School" ____ Jul y 11th -14th , 2016 Name: _____ Street Address: City: _____ Zip Code: _____ Phone: _____ Grade: * E-mail Address: In Case of Emergency Notify: Name: Phone: List any heal th concerns: I hereby waive and release all camp personnel from any and all liability for any injuries incurred by the above named camper while attending camp. Signed: Parent/Guardian Date: _____/ ______