

WHAT WE LEARN IN CAMP

This camp is for player's age 5-14 years old.

The curriculum focuses on the individual building blocks of soccer:

- Developing a "feel" for the ball
- Proper striking of the ball, using all surfaces of the body to control the ball
- Skill/technique development
- Changing speed and direction
- Field awareness
- Decision making

All activities are done in a fun and active setting that help young players develop their own sense of accomplishment and short term goals.

Experienced educators in the game of soccer are trained to teach from the latest methodologies to provide the best possible learning environment. Players will be able to display their individual skills in a 3v3 and 4v4 small sided game model.

CAMP SCHEDULE

June 22rd -25th

8:30am Players check—in
9:00am Warm-up games/stretching
9:30am Small group technical training
9:55am Water break/rest
10:00am Small sided games/activities
10:45am Large group games/activities
11:10am Cool down/stretching
11:15am Departure

*****Please be at camp 15 minutes early on the first day for registration.**

Chris Dembiec
452 E. Sanborn
Winona, MN
55987

Summer of 2009
Winona, Minnesota
Quality Soccer Instruction

4RD ANNUAL 2009 FOUNDATIONS SOCCER ACADEMY



June 22nd-25th , 9am-11:15am
Open to Boys and Girls ages 5-14
LaCanne Park

MESSAGE FROM THE DIRECTORS

Foundations Soccer Academy provides a soccer experience for youth players to enhance their skills in a fun learning environment. The goal of the camp is to provide an enthusiastic environment for both the recreational and competitive soccer player to develop the necessary skills it takes to become a better player.

The Foundation Soccer Academy emphasizes the basic building blocks of the game in a well-balanced curriculum. Players receive technical repetition in highly active and enjoyable activities and learn from an energetic, enthusiastic, and involved staff, who have a passion to teach soccer to developing players.

Our goal is to get youth soccer players to "love" the game of soccer outside the parameters of this camp and organized soccer practices.

CAMP DIRECTORS

Eric Zimmerman

Saint Mary's University Women's Head Coach

- Head Coach Saint Mary's University
- CRUSA Youth Coach
- Former Viterbo University Men's Coach
- NSCAA & USSF licenses

Chris Dembiec

Saint Mary's University Men's Head Coach

- Head Coach Saint Mary's University
- 2004, 2005 Wisconsin Coach of the Year
- 2004 Midwest Coach of the Year
- Two State Championships
- USSF, NSCAA, KNVB Licenses

Staff: Our staff consists of standout players who have excelled on and off the playing field. All the men and women on our staff are former and current collegiate players with coaching experience at the youth and high school level.



LOCATION

Michael LaCanne Park is at 6280 Hwy 61 in Goodview. Take Hwy 61 north heading out of Winona. The park is on the right, located next to a lake and playground.

WHO MAY ATTEND CAMP

All players ages 5-14 are eligible to attend. Players are grouped according to age, ability, experience or physical maturity that will best suit their safety and progress.

WHAT TO BRING TO CAMP

All campers are required to bring a **soccer ball**, shin guards, appropriate clothing and shoes for the weather, sunscreen, and water bottle.

WHAT CAMP PROVIDES

This includes a Foundation Soccer Camp T-shirt, water bottle, and gifts.

CANCELLATIONS AND REFUNDS

Full refunds may be requested before the start of camp if the player is unable to attend. No refunds will be made after June 25th, 2009.

CONFIRMATIONS

Camp confirmations will be done by phone or email about your registration. Questions can be directed to Chris Dembiec at (608) 397-1084 or Eric Zimmerman (608) 317-9716.

REGISTRATION & TUITION

Tuition is \$95 per player

By mail, please make checks payable to:

Foundations Soccer Academy
452 E. Sanborn
Winona, MN 55987

REGISTRATION DEADLINE IS JUNE 15TH, 2009
(PLEASE CALL IF REGISTERING AFTER THE DEADLINE)

CAMP APPLICATION

June 22nd-25th, 2009

9am-11:15am

\$ 95.00

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Cell
Phone _____

Email _____

Age _____ Male _____ Female _____

School _____

Circle T-Shirt Size: Youth - M L
Adult - S M L XL

Waiver:

I, the undersigned, individually and as parent(s) and guardian(s) of _____, a minor, ask that he/she be admitted to participate in Foundations Soccer Academy. In consideration of such admission, I do hereby agree to release, discharge, and hold harmless, Foundations Soccer Academy, its officers, agents, and employees of and from all causes, liabilities, damages, claims, or demands whatsoever on account of any injury, accident, or death involving the said minor arising out of the minor attendance at Foundations Soccer Academy or in the course of competition and/or activities held in connection with the Foundations Soccer Academy.

Mother/Father/Guardian signature:

Date: _____

How did you hear about Foundations Soccer Academy?

Circle one: Mail School Advertisement

Website Other _____