

## 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

**July 26<sup>th</sup>-30<sup>th</sup>, 2010**

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
11:00am	Cool Down, Departure

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

Chris Dembiec  
700 Terrace Heights #62  
Winona, MN  
55987

Summer of 2010  
Winona, Minnesota  
Quality Soccer Instruction

# 5<sup>TH</sup> ANNUAL 2009 FOUNDATIONS SOCCER ACADEMY



July 26<sup>th</sup>-30<sup>th</sup> , 9am-11:00am  
Open to Boys and Girls ages 5-14  
LaCanne Park

## MESSAGE FROM THE DIRECTORS

Foundations Soccer Academy strengthens children through soccer. The goal of the academy is to provide a positive environment for both the recreational and competitive soccer player to develop the necessary technical, physical, mental, and emotional skills it takes to become a better player and person.

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 July 30<sup>th</sup> 2010.

## CONFIRMATIONS

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

## REGISTRATION & TUITION

**Tuition is \$65 per player**

Please make checks payable to:

**Foundations Soccer Academy**

**Mail to:**

Saint Mary's University  
c/o Chris Dembiec  
700 Terrace Heights #62  
Winona, MN 55987

**EARLY REGISTRATION IS ENCOURAGED TO  
RESERVE ENROLLMENT**

## CAMP APPLICATION

**July 26<sup>th</sup> – 30<sup>th</sup>  
9:00am-11:00am  
\$ 65.00**

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 \_\_\_\_\_