



DYSA Soccer

NEWSLETTER



Issue 6

SPRING 2011

For Players, Parents and Coaches

NEW!
TRYOUTS info on pg. 4

UNIFORMS NOW AT
HALF PRICE T's see page 14

Summer Camps pages 5 & 15

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DOC REPORT from Kate Stahlin

Support the Leader of Your Team: The Coach

Every coach is different in regard to the techniques they apply to lead their team. Leadership is considered the behavioral process of influencing individuals and groups toward set goals (Weinberg & Gould, 2003). A coach is responsible for leading the team in reaching its goals, decision making, and motivating. To do this a coach has to be accountable for giving feedback and developing relationships with the athletes. Coaches have great influence on the individual athletes, and they are trusted to direct the team.

The effectiveness of a coach's leadership depends on many elements such as gender of the student athlete, the competition levels, the athlete's task dependence, and how the tasks vary of the sport in which they are engaged. How much an athlete relies on others during competition can impact their openness to leadership style. Also, the changes in the team environment can impact the effectiveness of a coach.

Through all the changes, athletes depend on the coach to determine the direction of the team and its goals. The various role demands placed on a coach may produce higher levels of stress than those found in other professions that involve a high degree of interpersonal interaction. Coaches experience greater stress because of their emotional involvement. Participation in sport tends to generate an emotional commitment with the individuals involved. Coaches are responsible for channeling the emotions of athletes and using their emotions to develop successful athletes and teams.

Coaches need to practice good communication behaviors because they often deal with many issues outside of the actual coaching. At the same time they lead, they also counsel, manage players, staff, schedules, budgets and organize practices and game plans. At every level of competition, the coach, as the leader, has tasks that need to be accomplished. Typically, leaders have two functions which are to ensure that the demands of the organization are satisfied, in that the group is effective in meeting its goals and objectives, and to ensure that needs of the group members are satisfied. Coaches must provide entertainment; enhance relations with the surrounding community; support athletes who strive toward academic excellence; while promoting the mental, physical, and emotional growth of the athlete. They must direct their teams in order to satisfy the institution they work for, while they work toward the overall happiness of the athletes.

Continued on Pg. 4



Proud Sponsor of G.O.A.L.



Thank you, DYSA teams, for your service projects this year!

PLAYERS: Wear your team jersey or DYSA t-shirt when you visit the Rocky Mountain Chocolate Factory store on Main Street and receive any of our dipped Oreos™, Grahams, Pretzels, or dipped marshmallows - *buy 1 get 1 free!*

PARENTS/FRIENDS: Order online at www.rmcf.com (choose Durango, CO store at checkout) and enter code DYSA2. 10% of your order will be donated to DYSA's GOAL program.

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G - O - A - L

DYSA takes our recycling program to a new level!

Our GOAL (Go Out And Lead) program increases our positive impact on our world; recycling can help mitigate the negative effect of our use of resources at our big annual events. Recycling one ton of plastic saves the equivalent of two peoples' energy use for one entire year, the water used by one person in two months and 2000 pounds of oil! With these facts in mind, Directors of Coaching Kate Stahlin, Bree Baker, and DYSA parent Judith Vanderryn created a program that ultimately recycled thousands of plastic bottles at the Shootout and Copa Del Sol tournaments last year.

Now we are excited to announce "Phase Two" in this effort: *ongoing plastic recycling at the practice fields at Riverview and Escalante!*

How can you help? RECYCLE your plastic bottles and help others remember to do so!

Quick rules of thumb for recycling:

- **Plastics only –only #1 and #2 plastics** (bottles with tops smaller than the body of the bottle).
- Please **REMOVE** lids (place them in the trash) and dump out any liquid left in the bottle before placing the bottle in the recycling container.
- **PLEASE NO TRASH** – our recycling cans will be labeled and conveniently located next to the trash cans, so it will be easy to separate trash from recycling. If the recycling material becomes too "contaminated" with trash, it will need to be dumped in the trash rather than recycled.

Parent volunteers from DYSA will be separating and collecting our plastic bottles at regular intervals, so please help them out by following these simple guidelines. Thanks to our parents, Durango School District 9R and the City of Durango for your enthusiastic cooperation in this effort!



Go
Out
And
Lead



TRYOUT & ORGANIZATIONAL PRACTICE SCHEDULE:

- 11-May U13 Girls & Boys Tryouts - FLC fields - 5:30-7:30 pm
- 12-May U14 Girls & Boys Tryouts - FLC fields - 5:30-7:30 pm
- 16-May U09/10 Organizational Practice - FLC fields - 5:30-7:00 pm
- 17-May U11/12 Organizational Practice - FLC fields - 5:30-7:00 pm
- 18-May U13 Girls & Boys Tryouts - FLC fields - 5:30-7:30 pm
- 19-May U14 Girls & Boys Tryouts - FLC fields - 5:30-7:30 pm
- 20-May High School Girls Tryouts - FLC fields - 5:30-7:30 pm

Mandatory DYSA Organizational Practice for U9-U12 Open to non-DYSA members

DATES: May 16 - U9/U10 Boys & U9/U10 Girls (born between 8/1/2001 - 7/31/2003)
17 - U11/U12 Boys & U11/U12Girls (born between 8/1/1999 – 7/31/2001)

TIME & PLACE: 5:30-7 pm @ FLC campus

What Is A DYSA Organizational Practice?

DYSA Organizational Practice is a one night event that is mandatory for current DYSA members and open to non- DYSA members. The licensed and experienced DYSA coaches will lead the kids through an exciting session of soccer training working on developing individual skills, team concepts, and speed and agility work. While the kids are at practice we will collect information on all new potential players and hold a Parent's Q&A session with DYSA Director of Coaching Kate Stahlin. Having an Organizational Practice gives DYSA a better understanding of potential player numbers for structuring fall teams. The DYSA Organizational Practice is mandatory for all current DYSA players and recommended to all City Rec teams and players considering playing DYSA in the fall.



DOC Report from pg. 1

Although assistant coaches are there to help, head coaches carry the burden of the stress for the program. Head coaches face pressure internally and externally to have winning programs. Stress levels of coaches are related to how they interpret circumstances, work overload, low social support, low perceived control, leadership style, and athletic program issues. Because of the many roles performed by a coach, he or she deal with stress issues from many different areas. However, most coaches who take on this leadership role understand the complexities of the job.

Most parents understand and value the role of the coach and the difficulty of the job. Parents understand that coaches play an important role in the shaping of the athlete's attitude and abilities. Coaches often find themselves not only managing players on the field but also being support figures for issues off the field. Though the job is perceived as being fun, it needs to be understood that there are a lot of complexities that come with the role because of the interaction with children.

Weinberg, R. S., & Gould, D. (2003). *Foundations of sport and exercise psychology* (3rd ed.). Champaign, IL: Human Kinetics



Pediatric Partners

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SKYHAWK SOCCER ACADEMY

LEARN FROM THE CHAMPIONS!

AGES 5-14	YOUTH WEEK	July 5-8
AGES 5-8	YOUTH WEEK	July 25-29
AGES 11-14	YOUTH WEEK	July 11-15
AGES 14-18	HIGH SCHOOL WEEK	July 18-22
AGES 14-18	GIRLS ELITE WEEK	July 25-29

Details and sign-up information at www.goskyhawks.com



FREE – Friday Night Skills Clinic for DYSA players

Individual Skills Clinic

Dates: 3/25, 4/8, 4/15, 4/29

U11/12 Group Tactics*

Dates: 3/25, 4/8, 4/15, 4/29

Time: 5:30 - 6:30 pm

Where: Escalante Soccer Field

How: Just show up

FLC Head Soccer Coaches Oige Kennedy and Damian Clarke will run 3 of the 4 sessions

*The U11 & U12 Group Tactics Clinic is designed to help the player learn small group attacking and defending. This clinic will help the player with their current small sided team tactics but also help them prepare for the larger 11v11 game.

What Is A Skills Clinic

The Skills Clinic is an optional training to your player's regular team practice. It is designed as a "bridge" program between recreational and competitive soccer; with the primary focus on providing an enjoyable learning environment where participants can continue to develop basic and intermediate techniques and tactics.

The Skills Clinic will provide a focused training environment to compliment regular team training sessions. Our Clinic staff will implement a developmental philosophy, demonstrate techniques effectively, and establish a positive rapport with participants through patience and encouragement. This

allows our coaching staff the opportunity to observe individual performance over an extended period of time allowing them to provide greater attention to individual improvement.

For more information on the DYSA Skills Clinic, contact the DYSA Director of Coaching, Kate Stahlin at kstahlin@durangosoccer.com or 970.946.7719.



PLEASE
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Home !!



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Durango School District 9-R

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"6. Possession or consumption of alcoholic beverages or any illegal substance is strictly forbidden on school grounds and in school buildings at all times.

7. State law strictly **prohibits smoking** in the building and on school grounds at all times. **Animals (pets) are strictly prohibited from all school property.**"

Monday GOALKEEPER TRAINING Schedule

Starts April
4th

Time: 6:00pm – 7:00pm

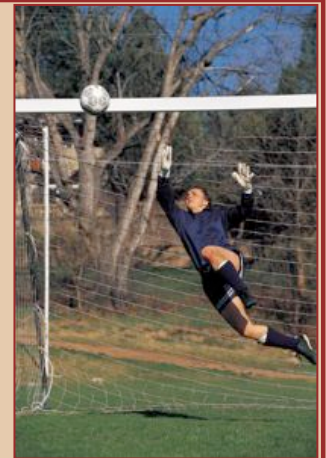
TRAIN with

Christine (Cricket) Schmelzle on 4/4, 4/18, 5/2

with

Nate Bell on 4/11, 4/25

Location: at Escalante Meet by fencing nearest the parking lot.



DYSA DONATES MONEY FOR NEW FIELDS AT FORT LEWIS COLLEGE

DYSA donates \$40,000 to project. "Thanks to you all for partnering with the City to ensure we were successful in our second grant application request - obviously, your contributions allowed us to receive the grant.", said Cathy Metz.

DENVER—The Great Outdoors Colorado (GOCO) Board has awarded \$700,000 in Lottery funds to the City of Durango to help construct a multi-use sports complex at Fort Lewis College.

"The new multi-use fields at Fort Lewis College will address a critical shortage of turf grass in the community for sports and recreational events," said Cathy Metz, Durango's Parks and Recreation Director. "The GOCO grant and community partnerships with Fort Lewis College, the Durango Youth Soccer Association, Durango Lacrosse, the Southwest Colorado Youth Football Association and the Hillcrest Golf Club have enabled the City to proceed with this important project."

Working with Fort Lewis College, the City of Durango will build a complex with three full-sized athletic fields and one field geared towards athletes under the age of 14, a restroom building and parking for 240 cars on roughly 16 acres of College-owned land on the northeast portion of campus. The multi-use complex will help accommodate a growing demand youth and adult soccer, lacrosse and Ultimate Frisbee programs. The City will enter into a long-term lease with Fort Lewis College to develop, maintain and use the property.

Fifty-five projects in 32 counties across Colorado were awarded GOCO/Lottery grants totaling more than \$24 million by the GOCO Board at its meeting on December 8. The projects will enhance outdoor recreation opportunities, create plans for future projects and protect 13,595 acres of open space. GOCO received 108 applications requesting approximately \$40 million.

GOCO is the result of a citizens' initiative that was passed by 58% of the voters in 1992. It receives approximately half of Colorado Lottery proceeds—\$56.4 million in Fiscal Year 2010. It awards grants to local governments and land trusts, and makes investments through the Colorado Division of Wildlife and Colorado State Parks. More than 3,100 projects have benefited from GOCO grants since 1994. Since 1994, projects in La Plata County have been awarded \$8.6 million in GOCO grants.

Our Sponsors

Please do business with our sponsors to say "THANK YOU" for their support.

2011

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KID'S CORNER

SOCCKER: From a 10 year old's perspective:

by Kayla Rubenstein on U10 Girls Colorado Champions Coached By Ginny Maddox

Playing soccer is a fun sport to do, especially if you love it! In my opinion, soccer is my favorite sport for many reasons. You get to move around a lot, you use different playing strategies, and you play with a group of friends you enjoy. By moving around I mean you are constantly in motion, running up and down the field, defending, or getting the ball, and passing the ball to your teammates. Scoring a goal is probably most soccer player's favorite part about playing soccer. When you score, you have a BIG smile on your face and you have an excited feeling in your stomach. Before scoring, you have to strategize by thinking about how you are going to get the ball down the field, and shoot it into the goal. Either in the air, or on the ground, plus you have to constantly be watching the goalie. I have a signature move I like to try and use to score. I dribble to the right corner and shoot the ball in the air right over the goalie's head and score.....hopefully!! Scoring a goal is the best, because you know that you have just scored a point or a goal for your team. All of your team mates give you high fives and are happy.

During my years of playing soccer, I have played on many different teams. Even though I may not always be on the same soccer team, I will always love something about my teammates. The thing I personally love about my team right now is that we all work together and have fun as a team should, and if your team does not work together, well you have some work to do!!

Another thing I love about my team is my coach, Ginny. She is a good coach because she understands each of us and how we play. She is fun and makes playing soccer fun too!!

My favorite position to play is right forward, because I write with my right hand, so it is much easier to play on the right side. The reason I like playing forward is because I can run really fast and I can run up and down the field during the whole game. (Running always puts a smile on my face.) Also, I can usually pass the defenders with my speed and skill, because of that I usually score a goal.

I've been playing soccer since I was 3 years old. I've been playing with DYSA since I was 8 going on 9. It has been a great experience! I recommend you join DYSA. You will be challenged, learn new skills, and have a lot of fun!!

Volunteer For the DURANGO SHOOT OUT:

This will be your LAST opportunity to "earn back" those Volunteer Deposits of \$40.00/family.

The Durango Shoot Out Tournament is scheduled for May 6-8. We need help painting lines for fields, doing check-in, providing snacks for the referees, picking up trash, etc. Be prepared to VOLUNTEER when your team manager emails or calls asking for your help.



"THANKS" TO ROCKY MOUNTAIN CHOCOLATE FACTORY FOR BEING
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WE ARE LOOKING FORWARD TO SEEING YOU ON THE PITCH



The Durango Youth Soccer Association presents
Durango Shootout 2011
May 7th - 8th

Register Now:

www.DurangoSoccer.com/Durango-Shootout-2011

Contact:

durangoshootout@gmail.com

DONATED UNIFORMS ARE AWARDS IN HONDURAS'S "DURANGO CUP"

Thanks so much for your support! "The Durango Cup" was a huge success. We had roughly 60 participants playing 5 v. 5 w/1 substitute. The ages ranged from 6 to 26 years. The tournament was broken down by ages 6 -13, 14-16 and 17+.

Would have liked to have broken down the smaller kids into two groups but we really did not have that many smaller kids to form a 6-10 as originally planned. Anyway we were not disappointed in the least. We had four teams in the 6-13 group that each had the opportunity to play in two games.

Our final match was Barcelona v. Madrid. After 20 min of action the score was tied! After a 3 min golden rule we went to penalty kicks to decide the winner. The crowd was going crazy at this point. Everyone in attendance flooded the field to get up close and cheer on their friends. In the end of a great match it was Barcelona taking home the DYSA jerseys!!

Our 14-16 grouping had only three teams and it was quickly evident that Arsenal had the best team.

The highlight of yesterday's games had to be the older guys. Not only were the matches exciting, the activities on the sidelines had myself as well as the other ex-pat volunteers laughing. The dog fight in the middle of the game did little to distract the players as did the five horses that ran across our field. The love spat that our ref had with his girlfriend mid field during the game got everyone's attention! My intervention in a fight that involved a knife and machete got a little more attention than the dog fight but less than the love spat. Oh well I guess that is what they are used to.

The winning team in the open category was decided once again after extended play. After a 5 min golden rule it came down to penalty shots. Celtic produced the winning goal on the last shot. The crowd went crazy.

All winners received DYSA jersey's. Our volunteer refs also received a jersey as did our high scorers in each group.

I have quite a few small jerseys left for another tournament. Planning on doing another tourney for smaller kids some time soon.

The community is very excited about the field that we have created. Thinking about creating a league for the kids to participate in. Possibly doing an ESL (English as second language) camp and combining it with soccer. So many opportunities.....

Thanks so much. We will include more photos in our next blog. Also, we had a friend from Durango visiting during the tournament who will be doing a slide show at J Bo's on Florida sometime soon. I will be sure to give you the details.

Mike Tichi



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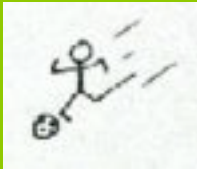


Wisdom From Bree

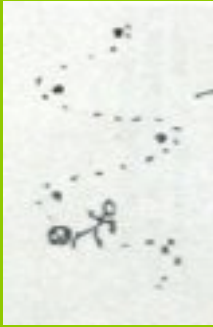
Asst. Director of Coaching Bree Baker

There are many times that we prefer to condition our athletes with the ball at their feet; in fact this is ideal. These types of drills allow our players to get more comfortable with the ball while gaining fitness. If you keep a few tips in mind during your drills you too can get fitness for your team. **First** - minimize the number of kids who are not moving or actively participating in the drill. This can be done by using a larger space and more numbers. **Second** - make sure the skill you are emphasizing is a skill that your athletes can master at a quick pace, this will keep their heart rates up. **Third** - incorporate more than just the technical skill, attempt to require some agility or interval work. Intervals are a very efficient way to get our kids to work really hard for short periods of time. Maybe you ask your team to dribble at a sprint for 15 seconds then require some sort of technical work like juggling for 20 seconds. The kids get to recover from the sprint while still working on a technical skill. Fitness on the ball gives us more than just physical gains but also allows our kids to practice the mental skills needed in soccer. There are many times that our player's technique becomes poor at the end of the game due to fatigue. The mental skill is just like a physical skill and we need to practice it in pressure situations. In this instance, a pressure situation can be simulated in practice by making the player work on a skill while fatigued. This can be achieved during individual skill work along with situations where they have a ball at their feet and are getting pressured by an opponent. Both the player on the ball and the opponent can get fitness out of the activity. Best of all with a little creativity we as coaches can pair almost any technical drill with fitness and get rid of the "sprint to the fence" mentality. Below is an example of a 20x20 grid with four different activities that our players can do to get physical and mental fitness while working on the ball. This allows the whole team to be actively working at the same time, gaining fitness and technical skill. Each station lasts 3 minutes and the whole group does each station twice.

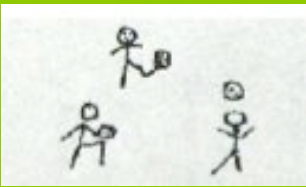
*Interval Work
Sprint / jog*




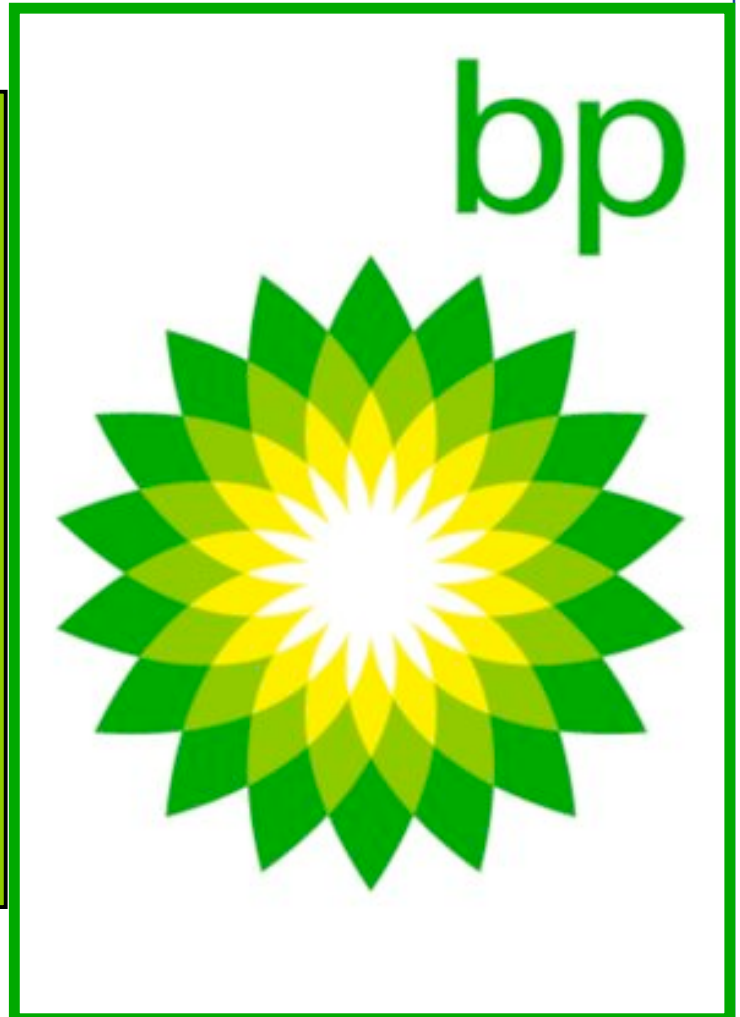
Zig-zag dribbling course



Juggling



1 v 1 work at high intensity

COACH PROFILE:

Get To Know DYSA U11Boys

Birthday: November 7, 1986

Birthplace: Tulsa, OK

Occupation: Barista at Durango Joes

High School: Catoosa H.S.

College: Oral Roberts University and Fort Lewis College

Degree: Business Management

Playing Experience: Tulsa Nationals '87, ODP region III team '86, Catoosa H.S., Oral Roberts University, Fort Lewis College, Colorado Rapids, Des Moines Menace

Position played: Outside mid/back, center mid, striker

Player Accolades: Oklahoma Gatorade Player of the Year 2005, Oklahoma club state champs 5 x's, Oklahoma H.S state champs, All district team 4 x's, All State team, Mid Con rookie of the Year, Mid Con first team, Heartland division first team

Coaching Experience: assistant coach to Tulsa Nationals '93 (USA cup champs 2009), recreational coaching, and Soccer camps including: Oral Roberts, Tulsa University, Colorado University, Colorado Rapids, and Des Moines Menace

Coaching License:

Marital Status: Single

Children: No way, I have 11 kids on my team. That's enough for me!

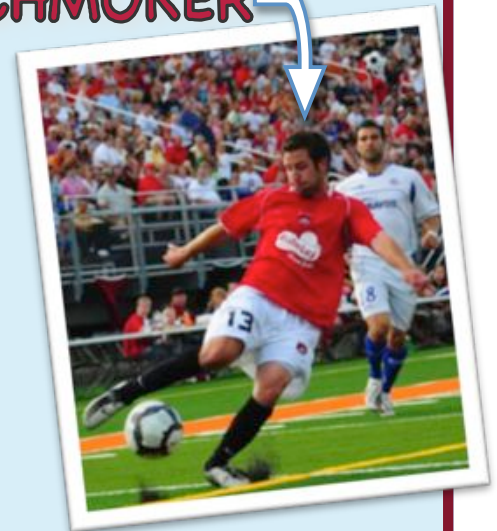
Favorite Soccer team: Manchester United

Favorite Food: Chicken Parmesan with Spaghetti

Favorite Movie: any Will Ferrell movie probably Anchor Man, Talladega Nights, or Step Brothers

Most listened to on IPOD: What I know by Rebelution

Coach JACOB SCHMOKER



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- Day Out With Thomas™ → June 17 - 19
- Independence Day Express → July 4

Daily Service to Silverton begins May 7.

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Positive Coaching Alliance

New Year, New Focus | 10 Responsible Sports Resolutions for 2011

This month's Fundamentals article talks of our 10 Responsible Sports Resolutions for 2011

If you are like us, you make New Years Resolutions. Lose some weight. Be a better parent, friend, and colleague. Practice random acts of kindness. We're a culture of resolutions: we believe we can change and improve when we focus our time, energy and efforts.

Here at Liberty Mutual, we believe in being a responsible partner in helping people live safer, more secure lives. Through our Responsible Sports program, together with the team of experts at Positive Coaching Alliance, we look to help youth coaches and parents champion and celebrate responsibility in sports. We collectively believe change is possible.

And so, in the spirit of New Years Resolutions, we offer you these ten resolutions for creating and reinforcing a Responsible Sports environment for our youth athletes today. We hope you'll join us in trying to keep these resolutions in the coming year.

Our 10 Responsible Sports Resolutions for 2011:

1. **Focus on skills not scores.** Too much attention to the scoreboard comes at the expense of attention to other types of success. When youth athletes focus on learning and improving skills, they are taking steps toward immediate and long-term success. Setting attainable skills goals and then reaching them helps kids at every position and in every team role enjoy their sport experience and continue playing.

2. **Cheer for efforts not outcomes.** This resolution helps athletes concentrate on what they can control. In some sports, outcomes (goals, runs, points) are few and far between, often non-existent for players in defensive positions. But every player can contribute effort that can be the difference maker in a game. Cheer for these efforts will keep them coming.

3. **Give your kids space.** Sports is an environment to learn powerful life lessons, and many come through challenges and adversity and can be even more powerful when kids learn the lessons for themselves. In the age of "helicopter parents", resolve to resist the temptation to solve issues for your kids in sports. Not getting enough playing time? Encourage your kid to talk to the coach directly to make a case for an enhanced role. Sports is a terrific space to learn and grow if we parents give our kids the space to do so.

4. **Commit to the 5:1 ratio.** It's hard. We know. But giving kids feedback in a ratio of five positives to one negative can be the difference between a kid hearing your feedback and not hearing it, the difference between continuing to play or quitting. In the beginning, the 5:1 ratio may require writing it down to get the hang of it. But the more you practice it, the easier it becomes.

5. **Brush it off.** If you're committed to the principles of Responsible Sports, you've probably taught your athlete the idea of brushing off mistakes and moving forward. But are you practicing what you advocate? Do you brush off missed calls by the referee? Do you brush off mistakes made by athletes on the field? If not, your child probably will not do so either.

6. **Participate positively.** If last year you were frustrated by your child's youth sports experience, take a look in the mirror and try a different approach. Rather than complaining about coaches, arguing calls and riding your kids about their sports, try taking an oath: only say something if you have something good to say. Otherwise, refrain.

7. **Thank coaches and officials.** Coaches oftentimes only hear from disgruntled parents and athletes. Have you ever thanked a coach for teaching your child a new skill or for being another adult for your child to turn to in tough times? Coaches have emotional tanks that need to be filled too. Do your part! As for officials, we'd like to issue you this challenge: find one opportunity this season to thank the officials. If you see them get a tough call right, let them know after the game.

8. **Value the opponent.** In an attempt to motivate athletes, sometimes we become negative when it comes to our opponents. But the truth is, we need our opponent to even be able to play the game. A worthy opponent challenges us to be better than we thought we could be. We rise to the challenge and learn in both victory and defeat. Without a worthy opponent, we wouldn't have those opportunities. Resolve to value and honor your opponents and encourage your child to do the same.

9. **Become a partner in your child's youth sports experience.** Join the team of adults who are supporting positive youth sports experiences. Talk to your child's coach and ask how you can help - with your child in particular and with team as a whole. Volunteer to help out the team Mom or Dad. Offer your assistance to the league.

10. **Participate in the Responsible Sports dialog.** Resolve to share your thoughts, ideas and experiences with fellow parents and coaches this year. The youth sports experience is not just black and white, but also shades of grey that challenge all of us. By sharing your thoughts, you can not only get advice for folks going through the same challenges, but you could also help others out there who might be struggling with a situation. Resolve to share your experiences to help make youth sports better.

Did you make any resolutions this year that deal with youth sports? What have you resolved to do? If every parent in the stands could keep just one resolution that would make youth sports better, what would it be? If youth coaches could keep just one resolution, what resolution would you want them to keep? Join us on [Facebook](#) and let us know what you think. Or email us at team@responsiblesports.com and we'll add your comments to the dialog. Join us!



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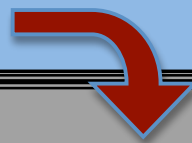
Club UNIFORMS now at HALF PRICE T's

DSYA Uniforms will now be available in Durango at Half Price T's located at 758 Main Ave. As you may know, Varsity Select terminated our uniform contract with them before the end of 2010. Therefore, our effort to keep the club in the same uniform forever will no longer be possible. Negotiations with Varsity Select resulted in the production of enough uniforms to hopefully keep our members outfitted for at least the next 3 years.

SO IF YOU NEED A NEW UNIFORM, WARM-UP, SOCKS or BAG, or just need a replacement piece, please head over to Half Price T's to get your gear.



Don't forget that you can order DYSA accessories on line through Half Price T's too.



APPAREL - GET DYSA GEAR on line through Half Price T's

<http://dysa.deco-apparel.com>



Durango United Hats & Beanies
T-shirts, Sweatshirts & Decals



DYSA Fitness Camp

Instructor: Jimmy Hall, Assistant Coach Women's Soccer Fort Lewis College, DYSA Coach

Contact Information: Email- hall_j@fortlewis.edu, (661) 496-9902

Location: Fort Lewis College

Dates: June 20-24, 6-7:30pm

Ages: U13 and Above

Cost: \$100.00



Goal/Objective: To run kids through a week long fitness camp and develop skills, motor patterns, and understanding of how to train physical fitness with soccer as the target sport. Participants will leave camp with a handbook that contains fitness activities so that they can create their own program based on individual needs and different times during the year (pre-season, in-season, and off-season training).

Example Fitness Training Program (contents are subject to change)

Monday 6-7:30pm	Tuesday 6-7:30pm	Wednesday 6-7:30pm	Thursday 6-7:30pm	Friday 6-7:30pm
Dynamic Warm- Includes Injury Prevention Exercises	Dynamic Warm- Includes Injury Prevention Exercises	Dynamic Warm- Includes Injury Prevention Exercises	Dynamic Warm- Includes Injury Prevention Exercises	Dynamic Warm- Skill Activities
Topic- Agility	Topic- Endurance and Fitness Test Training	Topic- Sprint Work	Topic- Circuit Training	Topic- Fitness With A Ball
Cool Down & Stretch	Cool Down & Stretch	Cool Down & Stretch	Cool Down & Stretch	Cool Down & Stretch
Handbook Class Time	Handbook Class Time	Handbook Class Time	Handbook Class Time	Handbook Class Time