

2010 Staff: The camp staff is composed of National /State certified coaches from our school coaching staff. Former standout CNS & Col legiate soccer pl ayers will assist our coaching staff. a full-time goal keeper coach will be availabl e. The coach to pl ayer ratio is kept to approximatel y 1-to-10 in order to maximize personal ized training.

Program Director:

Coach Michael McCaffery

CNS Boys Varsity Soccer Coach
Section 3: Champions 92' 93' 00' 06'
2003 Boys Schol astic Empire State Games
Head Coach
NSCAA Advanced National Coaching Cert.
1996, 2005, 2006: Cl ass A "Coach of the Year"

Director of Coaching:

Coach Todd Cook

CNS Boys Freshman Soccer Coach
USSF National C-License
USSF National D-License
4-Year LeMoyne Col lege Soccer Pl ayer
London, Engl and Tour LeMoyne Col lege
August 2001

Coaching Phil osophy: It is our goal to identify & devel op young soccer pl ayers within the Cicero-North Syracuse school district. Pl ayers will be grouped by age & abil ity level to maximize pl ayer devel opment. Smal l-sided games will be incorporated into regul ar daily training. Discipl ine & high work rates will be the framework around al l pl ayers: Mental , physical , technical , tactical , & team devel opmental training.

**Sponsored by:
Town of Clay**

Mail Application & Fee to:

Northstars Soccer Cl ub
Attn: Camp Director
PO Box 72
North Syracuse, NY 13212

Checks Payabl e To:

Town of Cl ay- (Soccer Camp)

Pre-registration Deadl ine:

Jul y 31st, 2010

Wal k-up registration will be accepted on August 9th with a \$5 late fee.

For questions contact:

Coach Todd Cook
699-9536
tcook2@nscsd.org

**CNS Conquers Section III,
Winning Soccer Crown**



Capture The Moment!!



**7th Annual 2010
CNS Northstars
Summer Soccer Camp**

Date: August 9th-12th, 2010

Morning Session I:

(Future Stars) (Boys & Girl s)

Ages: 5-11

Time: 9am-12pm

Afternoon Session II:

(Boys Modified – Varsity Prep
Camp)

Ages: 12-18

Time: 1-4pm

Enrol lment Cost:

\$70 per pl ayer-incl udes a size-2
northstars juggl ing soccer bal l

*Northstars Soccer Cl ub Members
Cost = \$65*

Location:

Roxboro Road Middl e School

*Visit the Northstars Soccer Cl ub
Website for more information:*

www.northstarsoccerclub.com





Northstars Soccer Camp:

Any players, 5-years old and up who enjoy soccer and are excited about learning how to become a better player are welcome to attend. The Northstars Soccer Camp is competitive, challenging, & dynamic. Our **Session I Morning Camp** for our younger players features instruction for **boys & girls** beginning their soccer careers to those at a more advanced level of play. Northstars Soccer Camp provides the ultimate training experience for today's up and coming soccer players. The **Session II Afternoon Prep Camp** prepares players for their upcoming Modified through Varsity School season. The program focuses on the physical, mental, technical, and tactical aspects of the game and, more importantly, is customized to your camper's training needs. This outstanding soccer experience provides an opportunity for players to work individually on their skill development as well as collectively on their tactical awareness (specialized goal training available). At the end of camp week players will be tuned up & prepared for their upcoming season. The boys' soccer program has a vested interest in the development of young players in its district.

Camp Goals & Objectives:

- ★ Teach & Develop advanced technique (learning simple-to-complex)
- ★ **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** will teach players our programs "style of play." Tactical development is discovering how the game should be played in all of its phases. Tactical training teaches players to make strategic decisions.
- ★ **Functional training** 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 conditioning.
- ★ **Sports psychology** is an area critical to a winning spirit. It covers attitude, interpersonal skills, team & individual responsibilities. Confidence building & leadership are emphasized every session. This positive reinforcement motivates campers to develop a sense of excellence.
- ★ Address physical, mental, and emotional preparation for the upcoming school soccer season
- ★ Evaluate player ability level & off-season progression prior to pre-season

Camp features:

- ★ (NEW) Speed & agility boot camp training
- ★ **NIKE SPARQ Testing** (Afternoon Session only)
- ★ USSF Certified Coaching Staff
- ★ Positive Learning environment
- ★ Facilities: 2 full-size soccer fields
- ★ Emphasis on small-sided games
- ★ Small group training stations
- ★ Team 7 v. 7 & 11 v. 11 Games utilizing the PA Announcement System & Stereo Speakers for music & Commentary during the competitions
- ★ Camp award ceremony
- ★ Size-2 Mini-Juggling ball Gift for all campers
- ★ Fun Station!! (Soccer Tennis, Soccer Volleyball, Soccer Golf, Soccer Curling, European Handball, Crossbar Game, Juggling Contest)
- ★ Athletic Trainer On-site

Northstars Player Identity "My Type of Player":

- ★ Plays ball fast getting off his foot and moving instantly off the ball (movement creates confusion for the opposition)
- ★ Knows where he wants to play the ball before receiving the ball
- ★ Can make time & space for themselves when pressured by an opponent keeping possession
- ★ Unselfish, Leader, Motivator, Communicator, Organizer, Hustler, Tough, Physically & Mentally Strong
- ★ Turns on high levels of sustained work rate & plays with passion
- ★ Tackles ball with conviction, contests and wins all 50/50 balls, anticipates 2nd ball's radius
- ★ Is a hard competitor, takes pride in always improving their game, the players around them, their team's results, their program
- ★ Does not give up after a bad pass, missed shot or bad break
- ★ Looks to (Switch Fields) **Changes Point of Attack** directly or indirectly utilizing the skip pass when the opportunity presents itself
- ★ Makes hard **checking**, diagonal, square, recovery runs
- ★ Travels as the ball travels giving good angles of support
- ★ **Midfielders** who take responsibility to **ATTACK & DEFEND**

Registration Application:

Please check session attending:

_____ (Morning) Session I
(Boys & Girls ages 5-11)

_____ (Afternoon) Session II
(Boys ages 12 & up)

Name: _____

Street Address: _____

City: _____

Zip Code: _____

Phone: _____

Age: _____ Grade: _____

* **E-mail Address:** _____

In Case of Emergency Notify:

Name: _____

Phone: _____

List any health 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: _____ / _____ / _____