

## PROGRAM DIRECTOR:

TODD COOK

**NORTHSTARS SOCCER CLUB- DIRECTOR OF COACHING (2003- PRESENT)**

**DIRECTOR OF MEN'S SOCCER OPERATIONS- SYRACUSE UNIVERSITY (2015-PRESENT)**

SKANEATELES GIRLS 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

U9 MINI NORTHSTARS TRAVEL TEAM COACH

**2019 CAMP STAFF:** OUR STAFF IS PROUD TO PARTNER WITH THE FORMER SYRACUSE SILVER KNIGHTS PROFESSIONAL INDOOR SOCCER TEAM IN BRINGING OUR COMMUNITY A PROFESSIONALLY RUN YOUTH SOCCER CAMP! SILVER KNIGHTS PROFESSIONAL PLAYER VITTORIO PETRERA WILL COACH THE CAMPERS IN ADDITION TO THE NORTHSTARS SOCCER CLUB COACHES. THE CAMP STAFF IS COMPOSED OF NATIONALLY CERTIFIED COACHES INCLUDING PROFESSIONAL PLAYERS. THESE QUALIFIED PROFESSIONALS WILL PROVIDE QUALITY COACHING, WHILE HELPING YOUNGSTERS BUILD A LOVE FOR THE GAME. CORRECT SKILLS WILL BE DEMONSTRATED BY COACHES FOR PLAYERS TO VISUALIZE WHAT THEY WILL NEED TO DO. A FULL-TIME **GOALKEEPER COACH** WILL BE AVAILABLE. THE COACH TO PLAYER RATIO IS KEPT TO APPROXIMATELY 1-TO-10 IN ORDER TO MAXIMIZE PERSONALIZED TRAINING.



## MAIL APPLICATION & \$95 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:

**JULY 1<sup>ST</sup>, 2019**

***WALK-UP REGISTRATION WILL BE ACCEPTED WITH A \$5 LATE FEE.***

## FOR MORE INFORMATION:

[WWW.NORTHSTARSSOCCERCLUB.COM](http://WWW.NORTHSTARSSOCCERCLUB.COM)

TODD COOK  
© (315) 415-0454

[TODDJOSEPHCOOK@GMAIL.COM](mailto:TODDJOSEPHCOOK@GMAIL.COM)

***SPONSORED BY: TOWN OF CLAY***



DATE: JULY 8<sup>TH</sup> – 11<sup>TH</sup>, 2019

## **“MINI KNIGHTS”**

### **BOYS & GIRLS:**

AGES 5 – 13 YRS. OLD

9AM – 12 NOON

(DROP OFF BETWEEN 8:30-9AM)

(OPEN TO ANY INTERESTED PARTICIPANTS)

(PLAYERS GROUPED BY AGE AND ABILITY)

## **ENROLLMENT COST: \$95**

INCLUDES 12 HRS. PROFESSIONAL COACHING,  
PARTICIPATION MEDAL, CAMP T-SHIRT

**LOCATION:** ROXBORO ROAD MIDDLE  
SCHOOL (MATTYDALE, NY)

## PLAYER PARTICIPATION RATIONALE:

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 DAILY PRACTICE STATIONS WITH ALL CAMPERS!
- ★ SPEED & AGILITY BOOT CAMP TRAINING
- ★ GOALKEEPER TRAINING
- ★ SKILLS COMPETITION CHALLENGE
- ★ WATER FUN OBSTACLE COURSE
- ★ GATORADE CHALLENGE
- ★ 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
- ★ 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 2018-19 HOME GAME

## CAMP GOALS & OBJECTIVES:

- ★ EMPHASIS IS ON THE INDIVIDUAL PLAYER. OUR PRIMARY FOCUS IS THE TECHNICAL SKILL DEVELOPMENT OF EACH CHILD.
- ★ PROVIDE SERIOUS YOUNG SOCCER PLAYERS WITH DEVELOPMENTAL TOOLS IN A HIGHLY STRUCTURED, YET FUN ENVIRONMENT.
- ★ TEACH & DEVELOP ADVANCED TECHNIQUE (LEARNING SIMPLE-TO-COMPLEX) *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.
- ★ 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 (AGILITY) CONDITIONING.
- ★ CONFIDENCE BUILDING & LEADERSHIP ARE EMPHASIZED EVERY SESSION. THIS POSITIVE REINFORCEMENT MOTIVATES CAMPERS TO DEVELOP A SENSE OF EXCELLENCE.
- ★ EVALUATE PLAYER ABILITY 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 PLAYERS 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 60 PARTICIPANTS



## REGISTRATION APPLICATION

“KNIGHTS SCHOOL”

\_\_\_\_\_ JULY 8<sup>TH</sup> - 11<sup>TH</sup>, 2019

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: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_