

FC Puma Soccer Academy

We want to make sure everyone is adequately prepared for a great week of summer camp! See below information and details on what you should bring to camp, registration, lunch, and a daily camp schedule.

Registration

Please arrive on Monday the week you signed up for camp at 8:30. Please bring all paperwork, application, and medical forms. If you registered on-line please just bring immunization history.

Do students need a medical form?

Every participants needs to have a completed medical form signed by a licensed physician to be able to participate at camp. The medical form must have the parent's signature, insurance information, immunization history, and physician's signature to be valid.

What equipment do I need to wear at camp?

All participants will be required to wear the necessary equipment required to play in a real game that means shin guards at all times. Participants are required to bring water (water will also be provided), sunscreen, lunch, healthy snack and additional clothing for rainy weather. All participants will receive a Nike skills soccer ball and a FC Puma Soccer Academy t-shirt.

A Typical Day

All players should arrive 30 minutes early on the 1st day and 15 minutes early each day thereafter. Here is a sample of a typical camp day may look like:

8:45am – Arrive

9:00-9:15am – Warm up

9:15-10:00am – Technical Dribbling, Agility, Speed, Coordination

10:00-10:15am – Snack & Camp Game

10:15-11:15am – Intro/Demo – Topic of the Day #1

11:15-12:00am – Champion's League Tournament 4v4

12:00-1:00pm – Lunch

1:00-1:15pm – Warm up / Technical Training

1:15-2:00pm – Topic of the Day #2 & Camp Game

2:00-3:00pm – Champions League Tournament 4v4