

CAMP DIRECTOR:

TODD COOK

NORTHSTARS SOCCER CLUB- PROGRAM

DIRECTOR (2003- PRESENT)

DIRECTOR OF MEN'S SOCCER OPERATIONS-

SYRACUSE UNIVERSITY (2015-2020)

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

2008/09 NORTHSTARS TRAVEL TEAM COACH



MAIL APPLICATION & \$120 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 1ST, 2021

***WALK-UP REGISTRATION WILL BE
ACCEPTED WITH A \$10 LATE FEE.***

FOR MORE INFORMATION:

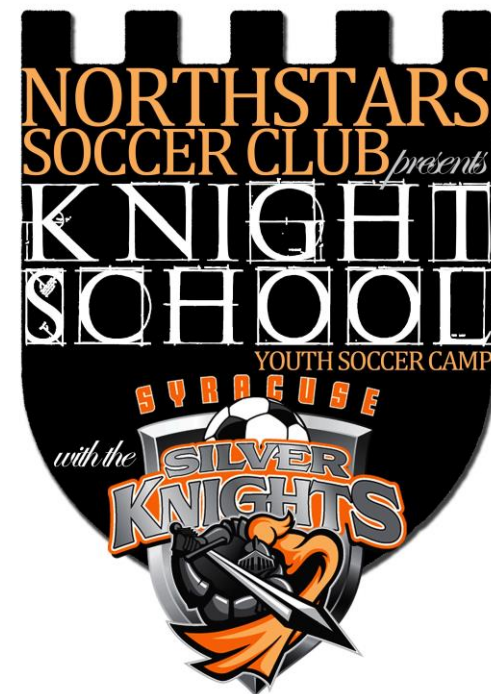
WWW.NORTHSTARSSOCCERCLUB.COM

TODD COOK

© (315) 415-0454

TCOOK2@NSCSD.ORG

SPONSORED BY: TOWN OF CLAY



DATE: JULY 12TH – 15TH, 2021

“MINI KNIGHTS”

BOYS & GIRLS:

AGES 5 – 14 YRS. OLD

9AM – 12 NOON

(DROP OFF BETWEEN 8:30-9AM)

(OPEN TO ANY INTERESTED PARTICIPANTS)

(PLAYERS GROUPED BY AGE AND ABILITY)

ENROLLMENT COST: \$120

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

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

WWW.NORTHSTARSSOCCERCLUB.COM

2021 CAMP COACHING STAFF:

OUR STAFF WILL PROVIDE QUALITY COACHING, WHILE
HELPING YOUNGSTERS BUILD A LOVE FOR THE GAME.

A **GOALKEEPER COACH** WILL BE ONSITE. THE COACH
TO PLAYER RATIO IS KEPT TO APPROXIMATELY 1-TO-10
IN ORDER TO MAXIMIZE PERSONALIZED TRAINING.

VITTORIO PETRERA

UTICIA CITY FC PRO PLAYER (2018-PRESENT)

FORMER SYRACUSE SILVER KNIGHTS PRO

PLAYER (2012-2017)

CALLUM DONNELLY

LEMOYNE COLLEGE MEN'S SOCCER

ASSISTANT COACH (2018-PRESENT)

UEFA C LICENSE, USSF D LICENSE

SYRACUSE FC SEMI PRO PLAYER (PRESENT)

BIRMINGHAM HAMMERS PRO PLAYER (2017)

LEMOYNE COLLEGE PLAYER (2013-2016)

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.



CAMP FEATURES:

- ★ USSF CERTIFIED COACHING STAFF
- ★ PROFESSIONAL PLAYERS & COLLEGE COACHES 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
- ★ 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 GOLF, SOCCER CURLING, EURO HANDBALL, CROSSBAR GAME, JUGGLING CONTEST)
- ★ ATHLETIC TRAINER ON-SITE
- ★ AUTOGRAPH OPPORTUNITIES
- ★ 1 FREE VOUCHER FOR A 2021 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.
- ★ 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
- ★ 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.
- ★ EVALUATE PLAYER ABILITY LEVEL & OFF-SEASON PROGRESSION AND GIVE THEM USEABLE FEEDBACK AT THE END OF THE CAMP
- ★ 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 50 PARTICIPANTS



REGISTRATION APPLICATION

“KNIGHTS SCHOOL”

_____ JULY 12TH - 15TH, 2021

NAME: _____

PHONE: _____

AGE: _____

* 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: ____/____/____