



To Register, See The Back of This Flyer

# 2009 FOUNDATIONS SUMMER SOCCER ACADEMY

Camp Location: 'Fields For Kids' at 2500 Hauser St., Lacrosse, Wisconsin  
 For more information, visit: [www.crusa-soccer.com](http://www.crusa-soccer.com)

Registration is open to any players for our 2009 Foundations Summer Soccer Camps.

**We offer:**

- ◆ Top Flight accredited coaches
- ◆ First rate, award winning soccer facility located in La Crosse
- ◆ Child safe, fun & friendly environment



**PUMA**

**What to Bring to Camp:** Players are required to bring a soccer ball, shin guards, appropriate clothing and shoes for the weather, sunscreen and water bottle.

**Camp Gifts:** This includes a Foundations Soccer Camp T-shirt and water bottle.

<p style="text-align: center;"><b>ABOUT THE KIDS CAMP</b></p> <p style="text-align: center;"><b>Monday – Thursday, June 22-25</b> 3:00pm-5:15pm</p> <p>This camp is for player ages 5-15 years.</p> <p>The curriculum focuses on the individual building blocks of soccer:</p> <ul style="list-style-type: none"> <li>▪ Developing a “feel” for the ball</li> <li>▪ Proper control &amp; striking of the ball</li> <li>▪ Skill/technique development</li> <li>▪ Changing speed and direction</li> <li>▪ Field awareness</li> <li>▪ Decision making</li> </ul> <p>All activities are done in a fun and active setting that helps develop and build young players.</p> <p>Experienced soccer coaches &amp; educators teach from the latest methodologies to provide a positive learning environment. Players will be able to display their developing skills in 3v3 and 4v4 small sided games.</p> <p style="text-align: center;"><b><u>CAMP SCHEDULE</u></b></p> <p style="text-align: center;"><b>Monday – Thursday, June 22 - 25</b></p> <p>2:45pm Players check—in        3:00pm Warm-up games/stretching        3:20pm Small group technical training        3:55pm Water break/rest        4:00pm Small sided games/activities        4:30pm Large group games/activities        5:10pm Cool down/stretching        5:15pm Departure</p>	<p style="text-align: center;"><b>ABOUT THE FINISHING CAMP</b></p> <p style="text-align: center;"><b>Sunday-Thursday, June 14-18</b></p> <p>The Finisher’s camp is a specific topics camp for the advanced player ages 11-18 years old.</p> <p>It is designed for the attacking player who wishes to excel at the high school level or potentially play at the collegiate level. Our goal is to improve each player’s ability to score goals, get more touches in front of the goal &amp; gain experience as a “goal scorer”.</p> <p>Our focus is to give each player the confidence, technical, tactical, physical, and psychological skills to finish an opportunity at net and in many situations. Topics include: multiple ways of striking a ball, 1v1, free kicks, beating the keeper on a break away, combinations in the penalty area, wing play, scoring out of the air, heading on goal and penetrating runs.</p> <p style="text-align: center;"><b><u>FINISHERS (SCORING) CAMP</u></b></p> <p style="text-align: center;"><b>Sunday-Thursday, June 14-18</b></p> <p style="text-align: center;"><b>Sunday June 14th</b></p> <p>2:45pm – Check-in        3:00-3:45 – Intro to Finishing Camp        4:00-6:00 – Player Evaluations</p> <p style="text-align: center;"><b>Monday-Wednesday, June 15<sup>th</sup>-17<sup>th</sup></b></p> <p>9:00am – Video/Lecture session        10:00am – Technical field session        11:30am - Lunch/Video lecture session        12:30pm – Tactical Field session        2:00pm – Departure</p> <p style="text-align: center;"><b>Thursday, June 18<sup>th</sup></b></p> <p>9:00am – Games        11:30am - Departure</p>	<p style="text-align: center;"><b>ABOUT THE GOALKEEPERS CAMP</b></p> <p style="text-align: center;"><b>Sunday-Thursday, June 14-18</b></p> <p>The GK’s camp is a specific topics camp for the player ages 11-18 years old.</p> <p>Goalkeeping is the most under-trained and under-coached position in soccer.</p> <p>Over the course of the five day camp, goalkeepers will be broken off into small groups to receive training specialized to their skill level.</p> <p>Topics for the sessions will include: set position, diving, shot stopping, distribution, crosses, set pieces, pressure training, handling, and reading the game.</p> <p style="text-align: center;"><b><u>GOALKEEPING CAMP</u></b></p> <p style="text-align: center;"><b>Sunday-Thursday, June 14-18</b></p> <p style="text-align: center;"><b>Sunday June 14th</b></p> <p>2:45pm – Check-in        3:00-3:45 – Intro to Goalkeeping Camp        4:00-6:00 – Player Evaluations</p> <p style="text-align: center;"><b>Monday-Wednesday, June 15<sup>th</sup>-17<sup>th</sup></b></p> <p>9:00am – Video/Lecture session        10:00am – Technical field session        11:30am - Lunch/Video lecture session        12:30pm – Tactical Field session        2:00pm – Departure</p> <p style="text-align: center;"><b>Thursday, June 18<sup>th</sup></b></p> <p>9:00am – Games        11:30am - Departure</p>
--	---	---

## REGISTRATION FORM

**SELECT ONE BOX ONLY**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Kids Camp Only \$95 per Player</b>	<b>Kids Camp Plus Finishing Camp \$265 per Player</b>	<b>Kids Camp Plus GK Camp \$265 per Player</b>	<b>Finishing Camp Only \$195 per Player</b>	<b>GK Camp Only \$195 per Player</b>

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Age \_\_\_\_\_ M/F \_\_\_\_\_ T-shirt Size – Adult or Youth    S    M    L    XL

Primary Position \_\_\_\_\_ Club Team/Coach \_\_\_\_\_

Address \_\_\_\_\_

Primary Phone \_\_\_\_\_ Email \_\_\_\_\_

**WAIVER** - I, the undersigned, individually and as parent(s) and guardian(s) of the player named above, a minor, ask that he/she be admitted to participate in the Foundations Soccer Academy (FSA) and the Coulee Region United Soccer Association (CRUSA). In consideration of such admission, I do hereby agree to release discharge, and hold harmless, FSA and CRUSA, its officers, agents, and employees of and from all causes, liabilities, damages, claims, or demands whatsoever on account of injury, accident, or death involving the said minor arising out of the minor attendance at FSA or CRUSA or in the course of competition and/or activities held in connection with FSA or CRUSA.  
 Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

**Please tear here and mail in with payment** -----



# 2009 FOUNDATIONS SUMMER SOCCER CAMP

**Camp Location: 'Fields For Kids' at 2500 Hauser St., Lacrosse, Wisconsin**

**For more information, visit: [www.crusa-soccer.com](http://www.crusa-soccer.com)**

### **Cancellations and Refunds**

Full refunds may be requested before the start of camp if the player is unable to attend. No refunds will be made after June 22<sup>nd</sup>, 2009.

### **Confirmation of registration**

Camp confirmations will be done by phone or email about your registration. Questions can be directed to Chris Dembiec (608-397-1084) or Eric Zimmerman (608-317-9716) [foundationsocceracademy@gmail.com](mailto:foundationsocceracademy@gmail.com)

### **Mail Registration Form and Check made to:**

Foundations Soccer Academy  
452 E. Sanborn  
Winona MN 55987



### **THE COACHING STAFF**

<p><b>Chris Dembiec, B.A., M.A.</b></p> <ul style="list-style-type: none"> <li>▪ Head Coach Saint Mary's University</li> <li>▪ 2004, 2005 Wisconsin Coach of the Year</li> <li>▪ 2004 Midwest Coach of the Year</li> <li>▪ Two State Championships</li> <li>▪ USSF, NSCAA, KNVB Licenses</li> </ul>	<p><b>Matt Perrigo, B.Sc.</b></p> <ul style="list-style-type: none"> <li>▪ Asst. Coach Saint Mary's University</li> <li>▪ Worked with the best GK's in the Midwest</li> <li>▪ Wisconsin OPD and Region II ODP GK staff coach</li> <li>▪ USSF License</li> </ul>
<p><b>Eric Zimmerman, B.Sc.</b></p> <ul style="list-style-type: none"> <li>▪ Head Coach Saint Mary's University</li> <li>▪ CRUSA Youth Coach</li> <li>▪ Former Viterbo University Men's Coach</li> <li>▪ NSCAA &amp; USSF licenses</li> </ul>	<p style="text-align: center;">.....<b>Plus other</b> <b>Guest Coaches</b>.....</p>