

Sponsored by:



**Colonie Soccer Club**  
*celebrating our 30th year*



# Capital District Elite

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This skilled-based camp provides each camper with individual instruction on the basic and advanced concepts in the game of soccer. The camp benefits both beginner and advanced players with a strong emphasis on increasing the camper's love of the game. Both offensive and defensive skills will be addressed and practiced in micro and full field games, as well as a variety of fun-filled competitions throughout the day.

- Foot skills the Coerver way
- Striking a ball with all surfaces of the foot
- Proper offensive and defensive heading techniques
- Receiving balls
- Accurate passing
- Shooting
- Defending on and off the ball
- And many more skills!!!!

**Week 1:**

June 29-July 3      Ages 5-13      9am-3pm      \$145

Location: Lisha Kill Middle School

**Week 2:**

August 3-August 7      Ages 14-18      5pm-8pm      \$110

Location: Colonie Club Soccer Complex on Consaul Road



## Registration Form (\*=required field)

\*Participants Name \_\_\_\_\_ \* Male  Female   
\*Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
\*Date of Birth \_\_\_\_\_ \* Grade (Fall 2009) \_\_\_\_\_ School \_\_\_\_\_

\*Parent/Guardian \_\_\_\_\_ Relationship to Child \_\_\_\_\_  
Employer \_\_\_\_\_ Work # \_\_\_\_\_  
Home# \_\_\_\_\_ Mobile# \_\_\_\_\_ Email \_\_\_\_\_

\*Parent/Guardian \_\_\_\_\_ Relationship to Child \_\_\_\_\_  
Employer \_\_\_\_\_ Work # \_\_\_\_\_  
Home# \_\_\_\_\_ Mobile# \_\_\_\_\_ Email \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Home# \_\_\_\_\_ Work# \_\_\_\_\_

Does your child have any allergies, medical conditions or other needs which we should be aware of? Yes \_\_\_ No \_\_\_ (If yes, explain) \_\_\_\_\_

Please check the appropriate week:

\_\_\_ Week 1 6/29 - 7/3

\_\_\_ Week 2 8/3 - 8/7

### Payment:

Return completed form with payment to:

Michael Trimarchi  
9 Westchester Drive  
Albany, NY 12205

Make checks payable to **Soccer Tech**

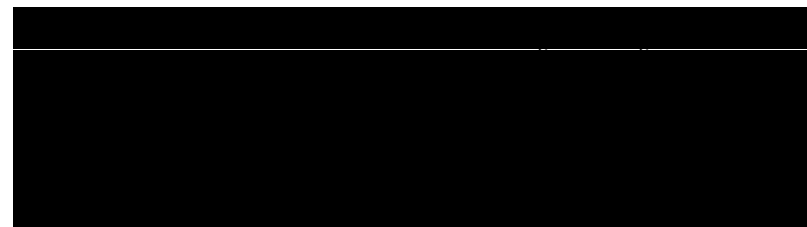
Any questions please call 518-527-6097

**Every camper receives a t-shirt and a Nike soccer ball**

Please circle the appropriate shirt size: (Youth/Adult)

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## Coaches



### What to Bring:

Athletic clothing

Towel

shin guards

Sunscreen

water bottle

lunch (for day campers only)



## Full Day Camp

9:00-9:45

**Skill session**

9:45-10:30

**Individual games using skill**

10:30-11:30

**Micro-soccer (3v3) or full-field scrimmage**

11:30-1:00

**Lunch and Movie in school**

1:00-2:00

**Skill session with games**

## Former Campers

Numerous area standouts, both male and female, have participated in the Elite soccer camp. Former campers include Paul Gerstenberger (Columbus Crew MLS), Shannon Burns (Nazareth College), Ross Cardinal (Siena), Josh Mitchell (Buffalo St.), Paul Angelo (Union College), Caitlan Colfer (Ohio St.), and many other college athletes.

