

Daily Schedule

4:30-5PM: Stretch, Run and Warmup

5:00-5:15: Station #1 (Dribbling/ Ball Control)

5:20-5:30: Station #2 (Passing and Trapping)

5:35-5:50- Station #3 (Shooting)

5:55-6:10- Station #4 (Fitness/Conditioning)

6:15-6:30- Station #5 (1v1, 2v2, 3v3, 3v2, 2v1)

6:35-7:35- Scrimmaging /Games

(Full Field, Half Field 7v7, and small sided games)

7:40-7:50- Cool Down Run and Stretching

7:50-8 PM- Review and Prizes for Day

(Girls at morning camp will follow same schedule)



The Colts Soccer Club Summer Training Week is NOT a Half Hollow Hills School District Activity

The Colts Soccer Club is a Non-For-Profit 501C3 Organization



"Preparation is the key to success...."

Colts Soccer Club

Attn: Coach Doug Gannon
Half Hollow Hills HS West
375 Wolf Hill Road
Dix Hills, NY 11746

4th Annual Summer Soccer Training Week



Join the Half Hollow Hills Coaching Staff for 3 fantastic sessions at Hills West

**Boys entering grades 8th-12th
August 17th-21st, 2009- (4:30-8PM)**

**Girls entering grades 9th-12th
August 17th-21st, 2009- (8:30 AM-12)**

**Boys (grades 3rd-7th) and Girls
(grades 3rd-8th) August 24th-28th
(4:30-8 PM)**

The **SUMMER TRAINING WEEK** will benefit players of all ages: The High School and Middle School soccer season give players a limited amount of time before their first game. Also, this camp will be great for the LIJSL players to get ready for their season form by the time Fall season. Players That is why the summer integral part of fall soccer training camp is for working on ball skills players ready for their brought over 100 soccer at each session. The camp is open to anyone and



get ready for their need to be in mid-the games start. training is such an soccer. This geared for all The camp is solely and getting the seasons. 2008 players to the camp

Camp Staff:



Doug Gannon: Varsity Boys Head Coach Hills West. The 2007 Suffolk County Coach of the Year. Led Hills West to a Long Island Championship and a berth into the NY State Semifinals. 3 Time League IV Champion. 7th yr as head coach

Tiziano Carcone: Varsity Boys Head Coach Hills East. 3rd year as the Head Coach of the Thunderbirds. Spent 4 years coaching the Hills West varsity boys as an assistant. Lead trainer at the International Soccer Academy.

Ericka Verderber: Varsity Girls Head Coach at Hills West. In her 9th year as the head coach at Half Hollow Hills. Coached St Anthony's Varsity Girls Soccer before she came to Hills. Was a 4 year starter at the University of Scranton

Kate Stoehr: Varsity Girls Head Coach at Hills East. In her 4th year as the Head Coach of the Thunderbirds

Chris Gannon: 2 Time NJCAA All American, Captain and center midfielder at North Carolina State University. Currently the Assistant Coach at Smithtown East HS

Other Coaches: **Mike Menendez** Head Coach Varsity Boys- Smithtown East, **Head Goalkeeper trainer.** **Dan Martella-former** All Conference midfielder at Hills West and a host of college players and coaches. Many former players from Hills East and Hills West will be assistant coaches at camp.



Our Camp: The camp will work on fitness, conditioning, ball skills, footwork and drills needed to be successful at the HS level. There will be specialized positional training for all positions, soccer specific strength, speed and conditioning training. It is designed to expand your physical and mental soccer abilities while delivering success. You will also have a clear picture of your skills, your purpose, your commitment to soccer and what it takes to succeed.

Our main objective: The camp is designed to teach each player how to fully reach their potential as a soccer player. We have designed our learning exercises and functional training games to each individual techniques, skills and tactics through creative and motivating sessions. All of this will be achieved in an environment of positive reinforcement and communication designed to enrich each individual's soccer experience. Each player will develop a better appreciation of how to run, play and think as a total soccer player. We have developed an outstanding curriculum and hired and trained the best staff possible to clearly present it.

Where: Half Hollow Hills HS West

When: August 17-21st, August 24-28th

Fee: \$125 per person (includes camp t-shirt and insurance)

What to Bring: Cleats, Running shoes, appropriate soccer attire

Due Date: July 1st, 2009

How to Register: Send completed form, along with payment, to Doug Gannon, Half Hollow Hills West, 375 Wolf Hill Road, Dix Hills, NY 11746

Check In: 1st day of camp at the end of the parking lot near the tennis courts at HS West

Food and Drink: Water coolers will be provided throughout the camp. Players may also purchase bottles of Gatorade and/or water throughout the course of the camp

What if it Rains: The camp is rain or shine. We will do everything in our power to get each day of camp in. The HS gym is available for inclement weather.



Camp Registration Form

- Session #1- August 17th-21st, Boys Entering Grades 8-12 (4:30-8 PM) **Fee: \$125.00**
- Session #2- August 17th-21st, HS Girls Entering Grades 9-12 (8:30 AM-12 PM) **Fee: \$125.00**
- Session #3- August 24th-28th, Boys entering Grades 3rd-7th Girls entering grades 3rd-8th (4:30 PM- 8 PM) **Fee: \$125.00**

Once camp starts, no refunds will be given- No Prorating

Camper Name: _____

Address: _____

School: _____ **Grade as of Sept** _____

Parent/Guardian _____

Phone # _____ **Email:** _____

Emerg Contact: _____ **Phone** _____

T-shirt Sizes (all sizes Adult)

- Small
 Medium
 Large
 Extra Large

I hereby give the above applicant permission to attend the Colts Soccer Club Summer Training Week. I verify to the best of my knowledge that the child is physically able to participate in the activities of the camp. I verify that my child is in good health and will not hold our camp staff responsible in the event of an accident or injury. I agree to allow my child to be treated, if necessary by a physician and/or trainer while attending. I understand that soccer is a contact sport and that physical injury may occur during the course of training. I also understand that we are not responsible for damage and or loss of personal items.

Please list any health concerns: _____

Parent or Guardian Signature: _____

Date Signed: _____

Make Checks Payable to:
Colts Soccer Club

Attn: Coach Gannon
Half Hollow Hills HS West
375 Wolf Hill Road
Dix Hills, NY 11746



Camp email: gannon22@optonline.net