

About Micro-Soccer

- ◆ Each session runs for eight weeks, then a new session will begin.
- ◆ Special guest coaches throughout the session.
- ◆ Learn the basics of the game with other players in a fun environment.

Training 45min. Games 15 min.

The coaches will determine which group each of the players will be placed, based on skill level. Each player must master the skills of every level to be graduated to the next. The levels **will not** be organized by age, but will be split by **skill level**.



Clinic Philosophy

We believe that young soccer players should learn in a fun and safe environment.

Our dedicated staff, along with our guest coaches, will work hard to ensure that each player maximizes his or her potential while having a memorable experience.

Proper learning and practicing of fundamental skills will be given high priority.

Basic instruction of rules and team play will be addressed in game situations.

T-Shirts Printed By:
New Age Graphix

About the Sports Centre

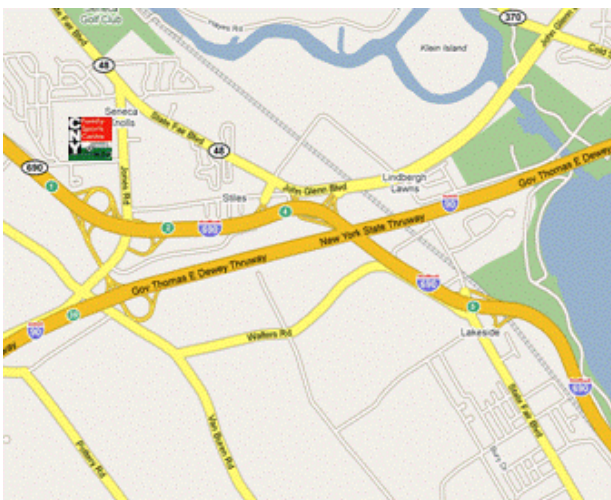
Featuring Indoors

- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dasherboards
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center / Team Meeting Room
- ◆ Video arcade
- ◆ Upper Level Mezzanine for spectator viewing

Featuring Outdoors

- ◆ Three 110yd. x 70yd. natural grass multipurpose fields
- ◆ Two 70yd. x 40yd. natural grass multipurpose fields
- ◆ One 90yd x 60yd natural grass multipurpose field
- ◆ Family picnic area
- ◆ 250 car parking lot

Conveniently located off Route 690 at Jones Road or Exit 39 of the NYS Thruway



Micro-Soccer

Winter/Spring 2010

February - April

Soccer Training for Young Players

Ages 3 - 8

Every Monday Evening

February 22nd - April 12th

New This Year

Need a Soccer Ball?

Each player receives a soccer ball with registration!



The CNY Family Sports Centre

7201 Jones Road

Syracuse, New York 13209

Phone 638-8866

Fax: 638-2882

www.CNYFSC.com

About the Coaching Staff

Jeff Knittel

A former player at Syracuse University, Jeff has become one of the most recognized players from the Syracuse area. A native of Chittenango, he was a 3 time All-America, 1994 National High School Player of the Year, a former U17 USA National Team Player, and the 1995 Big East Conference Rookie of the Year. He was the Boys Varsity Head Coach at Fulton High School from 2002-2007 and lead the team to the 2005 NYSPHSAA State Championship, and the 2006 Section III Finals. Jeff is the Manager/Program Director at the CNY Family Sports Centre, Coaching Director for CNY United FC and Head Coach of the U12 Boys & U14 Boys CNY United FC teams. In 2008 he lead the CNY United FC U17 Boys team to the NYSW State Championship. He currently holds a USSF National "B" License.

Jon Ramin

A former standout player at Baldwinsville & Faith Heritage where he was named 1st team All-CNY in 2000. Jon then took his game to LeMoyne College where he was a four year scholar-athlete & a key player that helped LeMoyne to a school record 17-2-1 in his senior year. Jon holds a USSF National "D" coaching License. In 2005 Jon coached the Central Women's Open team in the Empire State Games. This fall Jon is the Men's & Women's Assistant Coach at SUNY ESF. He currently coaches the CNY United FC U10 Boys and has many years experience coaching camps & clinics at the Sports Centre.

Matt Gillis

Gilly, as the kids call him, played his high school ball for Fayetteville-Manlius where he was a 2 time All CNY player. He won several NYSW State Championships playing for the Styx & Kicks Rockets. Matt also played in college for Division III powerhouse Plattsburgh State University. Gilly is also a fan favorite and star performer on the CNY United PASL Semi-Professional Indoor Men's Team. Matt's vast playing experience and passion for the game of soccer has him flying through the coaching ranks in Central New York. He is the U-13 Girls Club head coach and U13 Girls Premier Coach.

Assistant Coaches will consist of the most talented college and high school players in the Central New York area!

www.cnyfsc.com

Micro-Soccer is geared towards the beginner player ages 3-8. The players will be trained in the basic fundamentals of the sport; dribbling, passing, receiving, and playing in small sided games.

Dates & Times

Every Monday
5:30pm - 6:30pm

Starts February 22nd Ends April 12th

Schedule

February 22, March 1, March 8, March 15,
March 22, March 29, April 5, April 12

Beginner Age 3

This program will be run for players who enter Micro-Soccer for the first time. We will teach the basic fundamentals of the sport, starting with such basic things as running, jumping, and lateral movement. The coaching staff will also introduce dribbling a ball using the tools taught above. It is important to have each player with a ball at their feet while they are learning the fundamentals of running, jumping and lateral movements.

Intermediate 1 Age 4

The intermediate 1 program is for players who have been in the clinic previously for 1 or 2 sessions. The coaching staff will graduate each player to the next level based on his/her skill level, field awareness and desire to learn the fundamentals. Using the skills taught in the beginner class, the intermediate 1 players will be trained to pass and receive.

Intermediate 2 Age 5

The intermediate 2 program is for players who have been in the clinic previously for 2 or 3 sessions. The coaching staff will graduate each player to the next level based on his/her skill level, field awareness and desire to learn the fundamentals. Using the skills taught in the intermediate 1 class, the intermediate 2 players will be trained to pass and receive as well as strike a ball at goal.

Junior Academy Ages 6, 7 & 8

The Junior Academy is the 4th and final step in the Micro-Soccer clinic. This is for players who have been in the program 3 or 4 times previously and/or have shown the ability to play at a high level. This is the highest level in the Micro-Soccer clinic. All the fundamentals should be taught by this time and now the tactical part of the game can be trained. We will also train each player to move on to our The CNY United FC Academy

Groups May Be Combined Due To Number of Players

Registration Form

MICRO SOCCER REGISTRATION FORM
February 22 - April 12th

Player's Name: _____

Date of Birth: _____ Age: _____ Shirt Size: YS YM YL

Parent's Name: _____

Address: _____

City: _____ Zip: _____

Day Phone: _____

Home or Cell Phone: _____

Email Address: _____

Credit Card: (Only if paying with credit card)

Visa _____ Master Card _____ Discover _____

Expiration: _____ CCV# _____

I as the players parent agree to have my credit card used for the purpose of insuring payment of clinic fees. I understand that if I have not paid the full amount of the clinic fees by the start of the clinic my card will be billed for the balance of the clinic fees.

Card Holder: _____

IMPORTANT:

Unfortunately, the Sports Centre will only accept a maximum of 40 registrations for Micro-Soccer. We have this policy to ensure that our coaches can give each child adequate attention and instruction. Registration is on a first-come, first-serve basis.

Medical Release: By signing this registration form, I authorize the staff of the Central New York Family Sports Centre to release my child into the care of Emergency Services Personnel in the event my child is injured while participating in an activity at the CNYFSC.

Waiver of Liability: By Signing this registration, I understand I am responsible for providing insurance for my child against personal injury or death while participating in activities at the Central New York Family Sports Centre. I also hold the Central New York Family Sports Centre harmless in the event of injury or death.

Signature: _____

COST:

The fee for Micro-Soccer is **\$95.00**.

*This includes eight training sessions
a Micro-Soccer T-Shirt and a Soccer Ball!*

If you are signing up and already have a ball, the fee is **\$90.00*

Please make checks out to:

CNYFSC