

About the Sports Centre

Featuring Indoors

- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dashboards
- ◆ 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 110 yd. x 70 yd. multipurpose natural grass fields
- ◆ Two 70 yd. x 40 yd. natural grass multipurpose fields
- ◆ One 90yd x 60yd natural grass multipurpose field
- ◆ Family picnic area
- ◆ 250 car parking lot

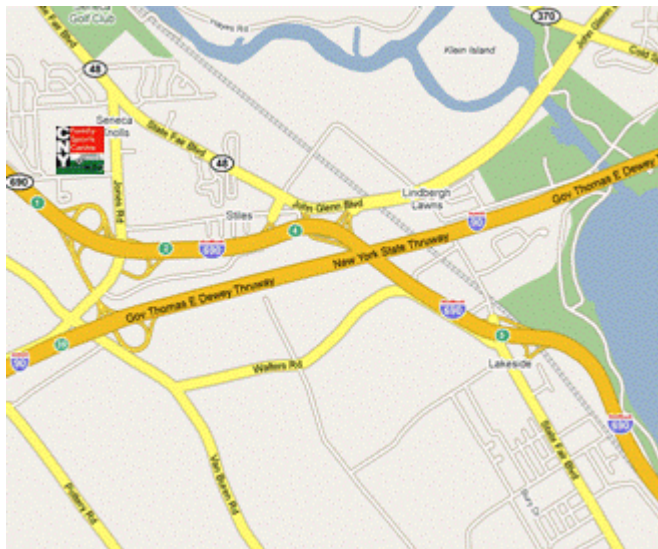
T- Shirts For the



Camps done by

New Age Graphix

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



About the Camps

—Training Topics—

- Cover foot-skills
- Juggling technique and variations
- Physical conditioning activities
- 1 vs. 1 dribbling moves, which lead to individual creativity in attack
- Improved ball-striking with the 4 major surfaces of the foot (passing and finishing)
- Individual and team defending techniques
- Improve first touch and ball collection with various surfaces of the body

Campers will receive an evaluation at the end of the week on technical, tactical, physical, and psychological aspects of the games.

—Rain or Shine—

Even in the worst weather conditions, camp will continue as scheduled. We have the ability to move indoors in inclement weather.

Campers should come prepared each day with:

- Soccer ball
- Soccer bag to keep your things together
- Soccer cleats
- Shin guards
- Rain gear
- Indoor soccer shoes (severe weather)
- Plastic water bottles
- Change of clothing (socks, T-shirt...)
- Sunscreen and Towel
- Snack

It is our belief that soccer players at all levels, should learn the game in a competitive, enjoyable, and safe environment. Our dedicated staff and select guest coaches will work diligently to develop the 4 components of soccer in each player.

Technical, tactical, physical, and mental aspects of soccer are addressed throughout our programs, which will ensure that each player maximizes their playing potential. Current coaching practices will be applied and the teaching of fundamental skills will be given high priority.

Ultimately, the player will be given the tools needed to develop as a player and experience the game in a truly enjoyable way.



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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-American, a former U17 National Player and the 1995 Big East Rookie of The Year. Also in 1995-1996 he was a 2nd team All-Big East player, and a member of the 1998 1st team All-Big East team. Jeff played professionally for A League Lehigh Valley Steam and the Syracuse Salty Dogs and is currently the Director of Youth and Scholastic Soccer at the Sports Centre. He is also the Coaching Director for CNY United FC and Head coach of the U11 Boys, U13 Boys & U18 Boys. Jeff currently hold 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. He currently coaches the CNY United U9 Team and has many years experience coaching camps & clinics at the Sports Centre.



Alfred Chambers

Freddie was a four year varsity starter at West Chester Henderson in West Chester, PA where he was the all time leading goal scorer with 86 career goals. In High School he was named three times to the All-Chesmont 1st team, two times to the All-State team, All-Region, and All-American. Freddie played his club ball with West Chester United and FC Delco where he won 3 national titles, 3 regional titles, and 5 state championships. Freddie then played for Bryant & Stratton and Philadelphia University. After college Freddie played professionally with the Delaware Dynasty and the Harrisburg City Islanders and currently plays for the CNY United PASL semi-pro indoor soccer team. Before coaching with CNY United Freddie also coached for West Chester United in PA. In 2008 Coach Chambers served as Assistant Coach for the Liverpool Boys Varsity team.



Summer Camp Dates, Times & Ages

1st Week - June 29th - July 2nd 9am - 12noon
2nd Week - July 13th - July 16th 9am - 12noon
3rd Week - August 3rd - August 6th 9am - 12noon

Ages 4 - 15

Field Player Camp

This camp is tailored to both the inexperienced and advanced player. Our younger campers will receive training focused on technique and basic tactics giving them the skills necessary for success. Advanced players will be challenged to perform skills at speed and encouraged to develop their ability to read the game and play at a higher level. The camp includes a T-shirt and prizes will be awarded throughout the week.

Goalkeeper Camp

The goalkeeper camp will be run for a half day on Each of the Summer Camp weeks. Goalkeepers are an essential part to any soccer team. Keepers need the proper training to become the best at their position. The goalkeeper camp will be tailored to beginner and experienced keepers. Technique will be a high priority for the beginner keepers and as for the experienced keepers, technique along with tactics will be priority.

General Schedule Monday - Thursday

8:40am - 8:55am Camper arrival
9:00am - 9:30am Technical Warm-up
(1 vs 1 moves, Cover footwork, & stretching)
9:30am - 10:30am Technical topic
(dribbling, passing, receiving, finishing, heading...)
10:30am - 11:00am Small sided
(4 vs 4) Tournament play
11:00am - 11:15am Tactical Discussion of
Small/ Large Game
11:15am - 12:00pm Full Sided Match Play
This schedule represents a general schedule for a day of training. Our coaches may modify this schedule from day to day.

Annual World Cup

Every year at the CNYFSC camps each player gets to play in a competitive tournament. The tournament is run each day and standings are kept for a championship game at the end of the week. Points are awarded for wins, ties, sportsmanship and team spirit. Teams are given a country name and each camper is part of that team for the week. This builds teamwork and also creates a competitive environment for all players to practice their technical and tactical ability learned at camp.

Registration Form Summer Camp 2009

Player's Name: _____

Camp Registering For: Field Player Goalkeeper

Week of Camp: (Circle) June 29th July 13th August 3rd

Age: _____ Shirt Size: YS YM YL AS AM

Parent's Name: _____

Address: _____

City: _____ Zip: _____

Day Phone: _____

Eve. Phone _____

Email Address: _____

Emergency Contact: _____

Emergency Phone #: _____

Medical Concerns: _____

Credit Card Information (Only if using Credit Card)

_____ CVC2 Code: _____

Expiration Date: _____

Card Holder: _____

Signature: _____

Summer Camp Field Player Fee & Dates

Camp Fee

4 Day Camp - Field Player & Goalkeeper
Monday - Thursday
\$120.00

Includes 12 hours of training and a camp t-shirt

When registering specify what week you are registering for:

1st week - June 29th - July 2nd

2nd week - July 13th - July 16th

3rd week - August 3rd - August 6th

www.CNYFSC.com

Please Make Checks payable to CNYFSC
Visa, MasterCard & Discover also accepted