CAMP MISSION STATEMENT

THE PURPOSE OF THESE CAMPS IS TO CREATE AN ENVIRONMENT IN WHICH CAMP PARTICIPANTS FEEL COMFORTABLE CHALLENGING THEIR SOCCER AND ATHLETIC ABILITIES. OUR INSTRUCTORS UTILIZE A HANDS-ON STYLE OF INTERACTION WHICH WE FEEL IS CONDUSIVE TO FOSTERING SKILL DEVELOPMENT AND FURTHER EDUCATING EACH CAMPERS GAME UNDERSTANDING.

CAMP PROGRAM LAYOUT & DAILY TRAINING SCHEDULE (SAMPLE LAYOUT)

Day 1
TIME: ACTIVITY DESCRIPTION:
8:30 - 9:00am Parent/Player Sign-In
Camp Orientation Discussion on day's activities
9:00 - 9:30am Group Warm-up
Stretching & Flexibility Training
9:30 - 10:15am Speed & Agility Drills
Drills & Core Strength
10:15 - 10:25am Water Break
10:25 - 11:15am Core Skill Development
Discipline: Dribbling
11:15 - 12:00pm Skilled Based Competitions
1v1's; Dribbling Relays etc. Accuracy & Field Vision
12:00 - 12:30pm Lunch
12:30 - 1:30pm Small Sided Games
Emphasis: Movement with the ball
1:30 - 1:40pm Water Break
1:40 - 2:45pm Full sided Game
2:45 - 3:00pm Cool down/recovery/ sign-out
Day Award Presentation

FEES

FULL DAY (9-3pm) $175 HALF DAY (9-12pm) $95
Early Drop Off (8-8:45 am) $ 5 Extra Daily
Late Pick-Up (3-4 pm) $ 5 Extra Daily

Concession open between 11:45 a.m. and 1:00 p.m. – Sports Drinks, Water Bottles, limited hot food (hot dogs & pizza), freezies, fruit (apples, oranges, bananas)

Also included in camp registration fee is camp t-shirt, certificate of participation and Two Free tickets to next Gryphons' home game

LONDON GRYPHONS

COMPETING AT NORTH AMERICA'S MOST ELITE LEVEL OF WOMEN'S SOCCER IN THE UNITED SOCCER LEAGUES - W-LEAGUE WILL BE OPERATING ANOTHER SUMMER SEASON OF ITS ANNUAL DEVELOPMENTAL CAMPS. PARTICIPANTS WILL BE TREATED TO TOP QUALITY CAMP INSTRUCTION PROVIDED BY CURRENT GRYPHON PLAYERS.

CAMP CURRICULUM COVERED

DRIBBLING
(BREAKDOWN & COMBINATION MOVES)
BALL CONTROL
(1ST TOUCH) FOOT & TOTAL BODY CONTROL
SHOOTING
(DRIVEN SHOTS, TUCKING, FINESE FINISHING)
HEADING
(ACCURACY, POWER, OFFENSIVE/DEFENSIVE)
PASSING
(SHORT/LONG DISTANCES, HIGHBALLS, COMBINATIONS)
DEFENSIVE TECHNIQUES
(STANDING/SLIDE TACKLES, ANGLING, POSITIONING & ANTICIPATION)

PLAY WITH PASSION. LIVE THE GAME !

OTHER CIRICULUM COVERED

SPEED & AGILITY
BALANCE & COORDINATION
STRETCHING & FLEXIBILTY
TACTICAL TRAINING
INJURY PREVENTATION
SPORTS NUTRITION
LAWS/RULES OF THE GAME
INJURY TREATMENT
POST GAME RECOVERY

PLAYERS MUST BE RESPONSIBLE FOR BRINGING THEIR OWN LUNCH, WATER, SUNSCREEN, SOCCER & RUNNING SHOES, SHIN GUARDS & HAT

LONDON GRYPHONS

2009

SUMMER SOCCER CAMPS

Session 1: July 6-10
Session 2: July 13-17
Session 3: July 20-24
Session 4: July 27-31

August 3-7
High Intensity
Elite
Development

REGISTER ON LINE
http://www.londongryphonsoccer.ca/
Email:gryphoncamps@gmail.com

CALL (519) 681-5861 Mon-Fri 8-4

FOR BREAKING NEWS AND INFO
www.londongryphonsoccer.ca

FOR USL AND W-LEAGUE NEWS
www.uslsoccer.com

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home

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com