



LOUISA FUTBOL CLUB

Dear Area Soccer Enthusiast,

The Louisa Futbol Club (LFC) would like to invite you to participate in our new LFC Summer Training Camp Skills Program to be held at Jouett Elementary School. This is a developmental skills program intended to continue your child's soccer progression and keep them focused on skills improvement.

We will hold a four-day Training Camp Skills Program this summer, July 1-July 5 that culminates in a 3v3 tournament (see Tournament Information Sheet) for players 10-13 years old. I encourage you to participate in both so your player can reach Level 3 status and showcase what he or she learned in a competitive travel club format. Each participant will receive a certificate noting the level of training they have completed and an LFC t-shirt. All Level 3 players will automatically qualify for the next Louisa FC Team Player Evaluation/Try Outs.

Please carefully review the attached documents: Summer Training Camp Curriculum, Tournament Information, Player Contract and Registration Form and see if LFC is for you and your child.

We have a passion for soccer at LFC and for developing our local players. You'll see it every minute you are on the field with one of our training staff. We look forward to seeing you out on the pitch this summer and making you the best footballer you can be.

Let us know as soon as possible if you are ready to take your soccer skills to the next level while having fun!

Best,

C.C. McCotter, LFC Camp Trainer

And

RJ Harding, Head Coach



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LFC SUMMER SOCCER SKILLS TRAINING CAMP

Mission

One-week skills training camp aimed at recreational and beginning travel players looking to improve their INDIVIDUAL skill sets.

Goal

Increase our local soccer players' skill and game awareness, while building LFC recognition and travel club status.

Description

This would be an intense four-day clinic (for a fee) that culminates in a fifth day small-sided tournament (additional per team entry fee if not a paid camp registrant). LFC t-shirts and a LASA sticker go to every attendee. Each participant will receive a level certification certificate based on his or her achievement.

General Curriculum

The Summer Skills Training Camp will include throw-in sets, corner kick sets, defensive, midfield and striker strategies, goalie training, passing, wall passing, through passing, receiving balls out of the air, headers, chest and foot trapping, how to leverage your body offensively and defensively, proper throw-ins, the proper way to prepare for a game (night before and morning of prep) and how to get better when you are not at practice (Cover touches regimen).

LEVELING UP!

Level 1 Status

Each participant would have to run one mile under 10 minutes to "graduate".
Each participant would have to be able to one-bounce juggle 10 times to graduate.
Each participant would have to score 20 points or higher on passing gate skill test.
Each participant would have to master three "moves".



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Level 2 Status

Each participant would have to run one mile under 9 minutes to “graduate”.
Each participant would have to be able to one-bounce juggle 15 times to graduate.
Each participant would have to score 30 points or higher on passing gate skill test.
Each participant would have to master five “moves”.

Level 3 Status

Each participant would have to run one mile under 8 minutes to “graduate”.
Each participant would have to be able to one-bounce juggle 20 times to graduate.
Each participant would have to score 40 points or higher on passing gate skill test.
Each participant would have to master seven “moves”.

Firecracker Tournament Day

On the fifth day a 3v3 tournament will be held. Five-players permitted per roster. Trophy to be awarded to first place team. Cost per non-Summer Training Camp team is \$75. Free to Training Camp registrants.

Camp Session Description

Inspire

Players need to develop motivation, desire and passion to work hard during practice and even harder during time away from practice. Coach interaction serves as an opportunity to develop the passion and love for soccer increasing the desire to improve.

Expertise

Players improve when they receive accurate and concise information with specific and individual feedback. Adaptive coaching ensures every player is developed during the camp with the goal of creating skillful, proficient and independent-thinking LFC club members.

Repetition

Deliberate and repetitive practice is the key to learning and improving. To master new skills, players need frequency of realistic situations that offer plenty of ball contact. Players must be challenged to work at a high intensity that replicates a game environment.



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Session Structure

- ✓ Arrival and Check-In 15 minutes prior to camp start time.
- ✓ Warm-Up with the main focus to get ball touches and offer dynamic activity to prepare the mind and body for the camp training session.
- ✓ Main Activity with the focus on one skill per session, teaching of the technical application to master skill, high frequency of repetition and finally, low pressure to high pressure situations.
- ✓ Conditioned Play will involve small-sided group play with conditions to reinforce application of skill.
- ✓ Match Play ends the session with scrimmage.
- ✓ Check Out and homework.



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SUMMER SKILLS TRAINING CAMP REGISTRATION

Please register my child for the LFC Summer Skills Training Camp to be held July 1-July 4 (July 1-3 from 6 pm to 8:30 pm, July 4 from 9 am to 11:30 am) at Jouett Elementary School. I am enclosing a check **payable to Louisa FC**, money order or cash (circle one) for the \$95 camp fee. Please remit payment to Louisa Futbol Club, 112 Belmont Lane, Louisa, VA 23093. This camp is available to children ages 10-13. Must be 10 by January 1, 2014 and must not turn 14 before August 1, 2014. Registration Deadline is June 9, 2014.

Player Last Name: _____

Player First Name: _____

Player Address: _____

City: _____ Zip: _____

Phone Number: _____ Sex: Male or Female (circle one)

Birthdate: _____ Age: _____

T-Shirt Size: YS YM YL (circle one)

I hereby give my consent and approval for my son/daughter to participate in this activity sponsored by Louisa FC and LASA. I will not hold association members, coaches, or volunteers responsible in case of accident or injury as a result of my child's participation in this program. I understand the risks involved with this activity and know that my child is physically able to participate in this program.

Parent Guardian Signature: _____

Parent Guardian Name: _____

Phone Number (home): _____ Phone Number (cell): _____



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2014 SUMMER SKILLS TRAINING CAMP PLAYER CONTRACT

1. I will respect my coaches' authority at all times. Coaches are to be referred to as Mr. or Coach followed by their last name. Do not question your coach's instruction. If you have an issue, discuss it with them after practice.
2. I will not waste my time, other players' time, my parent's time or my coach's time by not practicing hard and failing to do my very best to improve. Practice hard and you will get better.
3. I will get proper rest before a practice session or tournament game. Staying up late before the game hurts us all.
4. I will eat properly before a game. Start with a hearty breakfast of foods you can digest and convert to energy quickly – pancakes, French toast, muffins, etc. Do not eat candy, cakes or soda before a game.
5. I will stay hydrated before a game. Begin to drink when you wake up until a half hour before the game. Drinking more than a half cup of water right before a game will cause cramps and it will sit in your stomach and slosh during the game.
6. If I cannot make a practice, I will let coach know. We game plan with you on the board until you say otherwise. If you don't show up, our game plan must be changed last minute and that's not good.
7. I will remain positive and get positive results. Do not dwell on the negative.
8. I will ALWAYS support my teammates. Negativity toward others will not be tolerated. We are a soccer club. We support each other in wins and losses, good times and tough times.
9. I understand discipline will be administered by coaches in the form of laps and then parental consultation.
10. I will love the beautiful game of soccer.

I, _____ agree to follow and understand the above terms.