

# Wenatchee Fire Soccer Academy

Soccer instruction & training for individuals, small groups and teams of all ages and abilities

#### **Mission Statement**

To provide the best value in soccer instruction by teaching age appropriate skill sets and techniques that are proven to develop and motivate players to excel on and off the field.

#### Academy Coaching Staff:

**Mike Osborn** – Wenatchee Fire Soccer Academy Founder, Managing Partner of the Wenatchee Valley Sportsplex, General Manager / Head Coach of the PASL Wenatchee Fire semi-pro indoor soccer team, and Director of Coaching for WVYSA. Mike has extensive high level playing and coaching experience and holds a National "Y" License. He is a WYS Staff Instructor who teaches coaching certification clinics all over Washington State. Mike does year round private, semi-private and team instruction by appointment.

<u>Cristian Barboza</u> – Plays for the Wenatchee Fire semi-pro indoor soccer team, Coaching Director and primary instructor for Soccer Tots, a movement education program for kids 18 months to 8 year olds that utilizes fundamental soccer skills and techniques to facilitate cognitive, psycho-social and motor skill development.

**Supplemental Staff** – Comprised of top level Semi-Pro, College, High School and Premier players from North Central Washington.

### Wenatchee Fire Soccer Academy Age-level Camp Descriptions

<u>5-7 year olds</u> - This camp utilizes a variety of games and "touch" related exercises to help the young player begin to dribble, pass, receive and shoot with the right form.

**<u>8-10 year olds</u>** - This camp emphasizes the next step in "touch" development by introducing the player to a variety of skill exercises that can be practiced individually in a very small amount of space. Players will be instructed on how to feint while dribbling, receive the ball in a variety of different ways, juggle and strike the ball with accuracy and power. Instructor facilitated small-sided games are an integral part of each days instruction to introduce the tactical elements of playing in proper shape, communicating intelligently and keeping possession of the ball.

**11-14 year olds** - This clinic is for the player who is well on their way to mastery of the fundamentals. More advanced techniques for "touch development" are introduced that will dramatically impact the players ability to perform with confidence under pressure. Players will be introduced to several dribbling moves used by world class professionals. They will be shown how to properly chip, flick, serve and bend a ball. Learning how to move without the ball, changing the point of attack, maintaining proper offensive and defensive shape, communicating intelligently and maintaining ball possession are integral tactical elements that are relentlessly reinforced. Fitness, nutrition and psychological elements are introduced to help players understand what it takes to compete at higher levels of competition.

**Speed, Agility & Core Fitness 10 years and up** This camp utilizes a variety of plyometric, resistance, and core fitness exercises to increase the young athletes ability to be balanced and explosive in their lateral, linear and vertical movements. This camp will help every participant improve their overall athleticism and performance.

**<u>High School Girls Prep. Camp</u>** This camp is designed specifically to help High School girls get ready for the High School soccer season that begins in mid-August. We train on all aspects of the game with an emphasis on mental and physical conditioning. Players can register to train either of the two weeks or both weeks for maximum performance.

Registration forms available at the Wenatchee Fire Soccer Academy office inside the Wenatchee Valley Sportsplex - #2 Fifth Street - Wenatchee. Register online @ www.wysportsplex.com or 509-888-5200

> There are a limited number of openings for each camp. Please register early!



## Wenatchee Fire Soccer Academy Registration Form

Academy Summer Program	More Academy Summer Programs
Age 5-7 Soccer Camps @ Wenatchee Valley Sportsplex #1 June 21-24 – 9am-11am / \$75 Includes Academy Jersey #2 July 19-22 – 9am-11am / \$75 Includes Academy Jersey	Age 10+ Speed, Agility & Core Fitness #8 <u>June 28-July 1</u> – 9am-11am / \$75 Includes Academy T-Shirt #9 <u>July 26-29</u> – 9am-11am / \$75 Includes Academy T-Shirt
# <b>3</b> <u>August 16-19</u> – 9am-11am / \$75 Includes Academy Jersey	<b>#10</b> <u>August 9-12</u> – 9am-11am / \$75 Includes Academy T-Shirt
Age 8-10 Soccer Camps @ Wenatchee Valley Sportsplex	High School Girls Prep Camp
#4 <u>June 21-24</u> – 12pm-3pm / \$95 Includes Academy Jersey	# <b>11 <u>August 2-5 &amp; 9-12</u> –</b> 9am-11am / \$150 Includes Academy Jersey
<ul> <li>#5 July 19-22 – 12pm-3pm / \$95 Includes Academy Jersey</li> <li>#6 August 16-19 – 12pm-3pm / \$95 Includes Academy Jersey</li> <li>Age 11-14 Soccer Camp @ Wenatchee Valley Sportsplex</li> <li>#7 July 12-15 – 9am-1pm / \$115 Includes Academy Jersey</li> </ul>	<ul> <li>Private Instruction, Small Group Instruction &amp; Team Camps by Appointment</li> <li>Customized training sessions designed specifically for individuals, small groups and teams. Technical, tactical fitness and mental elements for U11 and older.</li> <li>Individual and Small Group Training sessions are usually scheduled on a weekly basis. Cost per player per session is \$30.</li> <li>Team camps start at 2 hours per day, 4 consecutive days. Morning, afternoon or evening sessions available. \$60 per player with a minimum of 10 players per team. Other camp formats are available. Fee structure varies.</li> <li>Call Mike Osborn – 509-670-7047 for details</li> </ul>
Cut along line and mail to address below $$	
Please circle camp(s) to attend:123456Training Ball for \$15.00YesNo	Amount Enclosed \$
Athlete name       Age         Name       Phone       Email         Address       City       State       Zip         Shirt Size YM       YL       YL       AS       AM       AL       AXL <i>If paying by check, please make check payable to "Sportsplex" and mail to</i> : WF Soccer Academy,       #2 Fifth St., Wenatchee, WA 98801. If you want to pay by credit card, you can register online @         www.wvsportsplex.com or call 509-888-5200.	