wdmscsummercampseries

Hosted at Hidden Valley Soccer Complex

SUMMER CAMP PROGRAM OPTIONS

Micro Mini Camp Ages 3-6

Micro Mini Camp focuses on helping recreational players HAVE FUN though the use of age appropriate soccer activities designed to correctly teach the fundamentals of the game and enhance each player's skills.

Date: July 11-14 Time: 8:30a-9:30a Cost: $50

Skill Development Camp U7-U14

Skill Development Camp is the ideal camp for players of all levels who have the desire to improve their technical abilities. Campers work on individual skills and are taught how to apply those skills through small-sided games. Players are grouped according to age and ability in order to provide a fun but challenging atmosphere.

Date: July 11-14 Time: 10a-11:30a Cost: $95

Pre-Season Training Camp U9/U10 Academy & U11-U18 Select

Pre-Season Training Camp is designed to prepare select players for their fall season. This camp develops the physical building blocks (soccer specific speed, agility, strength and endurance) essential for successful performance.

Date: August 8-11 Time: 10a-12p Cost: $110

Striking & Finishing Camp U9-U14

Striking and Finishing Camp is designed to help you become a better attacking player. Camp focuses on improving striking techniques such as shooting, headers and volleys. Small sided games are used to improve decision making and goal scoring abilities.

Date: July 18-21 Time: 8:30a-10a Cost: $95

Goalkeeper Camp Ages 10-18

A speciality camp for the fundaments of goalkeeping. Camp focus includes ball handling, footwork, shot stopping, one-on-one, handling crosses, collection and distribution and ownership of the goal area. Qualified coaching assures each goalkeeper the best opportunity for obtaining their highest playing potential.

Date: July 18-21 Time: 9a-10a Cost: $95

- Participants must bring a ball, shin guards and water.

All camps are hosted at Hidden Valley Soccer Complex located east of Walnut Woods State Park.

Summer Camp Registration Form

Register online at www.wdmsoccerclub.org or detach and mail this completed form with a check payable to WDMSC by July 5, 2011 to WDM Soccer Club, PO Box 27008, West Des Moines, IA 50265.

Date _____

Name _____ Birth Date _____ Age _____

Address _____ City _____ Zip _____

Phone _____ Sex: M F

Email _____ Cell Phone _____

Circle camp selection(s): **Micro Mini $50** **Skill Development $95** **Pre-Season Training $110** **Striking & Finishing $95** **Goalkeeper $95**

Total Amount Enclosed: _____

Circle shirt size: Youth **OR** Adult Small Medium Large XLarge

Parental Release/Permission: I hearby release the West Des Moines Soccer Club from any and all liabilities of any kind for personal injury that may arise from participating in the Camp Series. (Parent signature required).

Parent/Guardian Name (Printed) _____ (Signed) _____