



The Saint Mary's University Soccer program is proud to offer a wide selection of summer soccer camps, designed to suit a range of ages and skill levels. Camp coaches are members of the Men's and Women's Varsity Soccer Teams. In all of our programs there will be at least 1 coach for every group of 12 players. Each participant will receive a camp T-shirt, water bottle, certificate, as well as other prizes that will be given out throughout the week. All Summer Camp coaches are fully trained in the Community Coaching program through Soccer Nova Scotia.

Micros Intro to Soccer Camps

| DATE | | TIME | AGE | COST |
|--------------|-----------|----------|-----|-----------------|
| July 2-6 | Aug 6-10 | 9am-noon | 4-5 | Half day: \$100 |
| July 9-13 | Aug 13-17 | | | |
| July 16-20 | | | | |
| Jul 30-Aug 3 | | | | |

This program will introduce the youngest players to the game of soccer. With an emphasis on fun and games, this camp will teach children the basic skills of soccer.

Minis Fun and Skills Camp

| DATE | | TIME | AGE | COST |
|--------------|-----------|------------------------|-----|------------------------------------|
| July 2-6 | Aug 6-10 | 9am-noon or 9am-4pm | 6-9 | Half day: \$100 Full day: \$170 |
| July 9-13 | Aug 13-17 | | | |
| July 16-20 | | | | |
| Jul 30-Aug 3 | | | | |

10

The minis camps have been designed to develop the playing technique of young players. Each day will also include the introduction of some of the basic rules of the game, and will end with a game designed to demonstrate the skills being learned.

Jr. Academy

| DATE | | TIME | AGE | COST |
|--------------|-----------|---------|-------|-----------------|
| July 2-6 | Aug 6-10 | 9am-4pm | 10-11 | Full day: \$170 |
| July 9-13 | Aug 13-17 | | | |
| July 16-20 | | | | |
| Jul 30-Aug 3 | | | | |

The Junior Academy camp is being offered with the goal of giving young players a program that is more specific for their age group. Basic skills will be developed in more depth and with particular focus on improving the technical aspect of a young player's game.

Academy w

| DATE | | TIME | AGE | COST |
|--------------|-----------|---------|-------|-----------------|
| July 2-6 | Aug 6-10 | 9am-4pm | 12-16 | Full day: \$170 |
| July 9-13 | Aug 13-17 | | | |
| July 16-20 | | | | |
| Jul 30-Aug 3 | | | | |

For older players we have designed a program that focuses on technical development for individual players, as well as the role they play as a part of a team. Coaches will look to challenge players in a number of game situation drills. The Academy will also include some theory sessions, in which classroom seminars and video sessions may be used to further develop players' knowledge of the game. Players will receive coaching for individual and positional technique, and come together for functional team practices. At the end of the week, there will be a tournament and skills competition.