



Girls only

SUMMER SOCCER CAMP

2011

for girls U7-U11 years

Welcome to Bays first Girls Only Camp

In a recent survey of girl soccer players; having fun, learning skills, fair play and making friends were the most important part of playing soccer. We will celebrate these four aspects of the game in this, our first ever girls only camp.



Darryl Hooker
U6-U11 Technical Director



Mariel Solsberg
Lead instructor

Mariel Solsberg, Lead Instructor

We are so fortunate to have Mariel coaching at Bays. As a former professional player in Denmark she has an impressive knowledge of the game along with the coaching skills and personality to inspire our young female players.

CAMP PHILOSOPHY

At our Bays United camps, we provide a rich learning experience in balance with “fun in the sun!” Some of our primary aims:

- Focus on individual skills – dribbling, passing, shooting
- Foster a friendly, supportive environment
- Highlight sportsmanship and fair play
- Improve team skills and game understanding
- Motivate participants with “bite-size” coaching strategies
- Promote physical fitness
- Provide FUNdamental motor skills development

FUNdamentals

Scientific sport research shows that children will become better athletes AND stay active longer in life if they learn FUNdamental sports movements prior to their teen years. In line with Canadian Sport for Life recommendations (www.ltad.ca), Bays United camps are dedicated to promoting the FUNdamentals to ensure young players develop important motor skills



CAMP FORMAT

Campers are streamed into teams based on age, size and skill level – this provides the best learning and playing situation. Then they will name their team and create a colorful camp t-shirt to identify their team!

- Player to coach ratio is 12:1
- Small-sided games increase touches and skills (3 a-side, 6 a-side)
- Opportunities for players to win prizes and ribbons all week
- Full-day campers swim at Oak Bay Recreation Centre (end of each day)
- All participants receive a camp t-shirt that they will help to design for their team

Camp: August 15-19

Location: Oak Bay Secondary School

Times: 9:30am-3:30pm

Cost:

\$175 (\$155 for additional child or second week of Bays summer Camp)

THINGS TO BRING!

- Shorts and soccer shoes are recommended
- Shin pads are optional
- Bottled water, plus sunscreen & cap for sun protection
- Towel & swimsuit
- Zippered backpack to protect lunch & snacks from crows!



**Bays United Summer Girls Camps 2011
REGISTRATION FORM**

Please register my child for:

Girls Camp : August 15-19

Player name _____ Birth year _____

2nd child? _____ Birth year _____

Email _____ Phone # _____

Please check applicable box

Full-day Camp (U-8 to U12)

\$175 first child \$155 second child \$155 second week

Please make post-dated cheque payable to: **Bays United FC**

Post-date: cheque for August 1

**Please enclose cheque and completed Registration Form,
and mail to:**

Darryl Hooker
2575 Macdonald Drive
Victoria BC V8N 1X7

NEED MORE INFORMATION?

Email Darryl Hooker at *dch1@shaw.c*