

*Quality Soccer Instruction for All Ages*

## About The Program

Maine Metro F.C. was founded in October 1999 by former University of Southern Maine All-American Brian Cooke. We are a youth premier soccer club, and a member of USFM/Soccer Maine, and the USYSA (US Youth Soccer Association).

The club has won nine state snickers cup championships in its seven years of existence. Our U-12 boys in 2000, U-13 Boys in 2001, U-14 Boys and U-12 Girls in 2002, U-12 Girls and U-13 Girls in 2003, U-13 Girls In 2004 , U-13 Girls in 2005, U-15 Girls in 2006. We expect to increase the number of teams going to the US regionals over the next three seasons.

## Camp Coaching Staff

This year's camp will be run by a top coach from the KNVB Academy in Holland. The camp staff will also consist of past University of Southern Maine players and highly qualified coaches from reputable universities as well.

- John Skelton, Dartmouth (Class A License)
- Josh Needle, State University of New York at Potsdam (Class C License)
- Daniel Hogan, Bowdoin College (Class D License)
- Dawn Strout CSCS, M.Ed is the coordinator for our speed and agility training

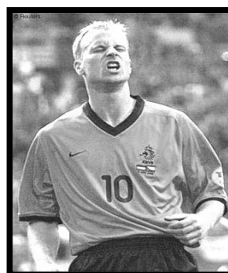
## What to Bring

Please remember to bring the following:

1. water;
2. shin guards;
3. outdoor/turf shoes; and
4. lunch.



MAINE METRO FC  
20 Crestwood Drive  
Westbrook, Maine 04092  
207-878-0316  
207-878-8455 fax  
[www.mainemetrofc.com](http://www.mainemetrofc.com)



# MAINE METRO FC



And The Royal Netherlands Soccer  
Association (KNVB)

## BOYS AND GIRLS

DUTCH SOCCER ACADEMY  
SUMMER DAY CAMP



## AGES 8 - 17



July 21<sup>st</sup> thru 25<sup>th</sup>  
At Fitzpatrick Stadium, Portland, Maine

### Featuring:

- 4v4, 7v7, 9v9 – small sided games, special instructions
- Training in small groups on transition from possession of ball
- Specialized goalkeeper training
- Speed, and Agility training



# 2008 SUMMER SOCCER DAY CAMP

## Purpose

Maine Metro FC's summer day camps provide the ultimate training experience for today's up-and-coming soccer players. Our camp is a great way to spend a week with your friends and our wonderful staff. **This year's camp will be run by a top coach from the KNVB Academy in Holland.** The KNVB Academy coach will coordinate the camp and work with Maine Metro FC coaches to execute the camp. Soccer fans around the world admire the Dutch style of play. Players like Johan Cruyff, Ruud Gullit, Marco van Basten and Dennis Bergkamp have long set a standard for exciting, creative play. In the 1980's and '90's The Netherlands provided the soccer world with entertaining teams and players.

Recent Dutch soccer success includes semifinal appearances at the 1998 World Cup, Euro 2000 and Euro 2004. The on-field success of Dutch soccer is mirrored by the world renowned KNVB coaching school. At its foundation stands Rinus Michels, the man who "invented" Total Soccer in the '70s. His ideas are the basis of this camp. The day camp program puts a large emphasis on improving your technical skills. Each day you will be asked to work on all of the basic skills that are necessary to become a complete player. We will also put you into tactical situations to help you improve your overall playing ability and understanding of the game. Enrollment is limited and on a first-come, first-serve basis.

Our day camp program features instruction for boys and girls beginning their soccer careers to those at a more advanced level of play. This year we will be offering training for young people 8-17 years old.



## Dates And Times

Monday, July 21<sup>st</sup> through Friday, July 25<sup>th</sup>. Saturday, July 26<sup>th</sup> (8:30 a.m. to 3:30 p.m.) will be reserved for a rain date, if needed.

**Time:** 8:30 a.m. to 3:30 p.m. each day

**Location:** Fitzpatrick Stadium, Portland, Maine

## Camp Fees

Registration fees for five days of camp will be as follows:

Ages 8 and 9 = \$185

All other ages = \$225

**Registrations fees received after June 25<sup>th</sup> will be \$195 and \$235 respectively.**

Each player will receive a T-shirt and official **adidas** soccer ball.

## How To Register

Applicants will be accepted on a first come, first serve basis. Registrations **submitted prior to June 25th** will receive email confirmation upon successful registration. Payment in full is due at time of registration. We cannot accept registrations by phone.

### **PLEASE MAIL YOUR REGISTRATION TO:**

Maine Metro F.C.  
20 Crestwood Drive  
Westbrook, Maine 04092

**For more Information, please contact:**

Brian Cooke, Executive Director  
Phone: 207-878-0316  
e-mail: [mmfc@maine.rr.com](mailto:mmfc@maine.rr.com)

## CAMP REGISTRATION FORM

Name \_\_\_\_\_

Age as of July 21, 2008 \_\_\_\_\_

Grade entering fall 2008 \_\_\_\_\_

Gender  Male  Female

Address \_\_\_\_\_

City State Zip \_\_\_\_\_

Name of Parent(s) \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_

Day Phone ( ) \_\_\_\_\_

E-mail (\*required) \_\_\_\_\_

School Attending \_\_\_\_\_

T-shirt Size:

Youth – S M L XL Adult – S M L XL

Do you want to be trained as a goalkeeper?

Yes  No

Previous Playing Experience \_\_\_\_\_

Please check the appropriate age group:

8 to 9  10 to 11

12 to 13  14 to 15

16 to 17

**Age 8 – 9** Full payment of \$185 is required.

**Age 11 – 17** Full payment of \$225 is required.

**Make checks payable to: Maine Metro FC Soccer Camp**

