

Quality Soccer Instruction for All Ages

About The MMFC 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 ten state snickers cup championships in its eight 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, and U-16 Girls in 2008. 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 top coaches from Coerver Coaching USA. The camp staff will also consist of past University of Southern Maine players and highly qualified coaches from reputable universities as well.

- Roy Dunshee, Coerver Coaching/University of South Carolina
- Ryan Parisi, Coerver Coaching/Cornell University
- Rick Stimpson, Coerver Coaching/Brandeis University
- Brian Cooke, MMFC/University of Southern Maine (Class D License)
- John Skelton, MMFC/Dartmouth (Class A License)
- Josh Needle, MMFC/State University of New York at Potsdam (Class C License)
- Robin Thurston, MMFC/Mount Holyoke 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.mainmetrofc.com



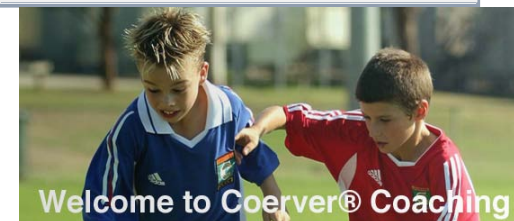
MAINE METRO FC



And Coerver Coaching

**BOYS AND GIRLS
AGES 8 - 17**

**COERVER COACHING
SUMMER DAY CAMP**



Welcome to Coerver® Coaching

July 20th thru 24th

At Fitzpatrick Stadium, Portland, Maine

Featuring:

- Ball mastery; receiving and passing; 1 v. 1 moves; finishing; group attack – small sided games, special instructions
- Training in small groups on transition from possession of ball
- Specialized goalkeeper training
- Speed, and agility training



2009 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 top coaches from Coerver USA.** Our camp training is designed to improve individual skills and small group play in a competitive and fun environment that encourages creativity. Players will be challenged to learn exciting new techniques while fine-tuning fundamental skills. Sessions will employ Coerver's system of "Graduated Pressure" which first builds confidence in a new skill and then isolates the skill in 1v1's and small group games designed to transfer the skill to real game situations. Proper technique will be stressed at every turn. There will be eight fast-paced one hour sessions and each will have a specific theme including:

- Attacking Moves - To beat opponent and get to goal
- Winning and holding space - to own the space around the ball
- Change of direction moves - to create space when tightly marked
- Stop start moves - to shake a defender on the run
- Passing and receiving in tight spaces - to keep possession and get forward
- Combination play - to break down defenses with quick passing movements
- Finishing school - for the glory of scoring goals
- Goalkeeper sessions



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 20th through Friday, July 24th. Saturday, July 25th (8:00 a.m. to 3:00 p.m.) will be reserved for a rain date, if needed.

Time: 8:00 a.m. to 3:00 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 = \$250

All other ages = \$275

Registrations fees received after June 25th will be \$275 and \$300 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 July 6th**, will receive email confirmation upon successful registration. Payment in full is due at time of registration. We cannot accept registrations by phone, unless you're paying by credit card.

PLEASE COMPLETE YOUR ATTACHED REGISTRATION FORMS OR REGISTER ON-LINE AND MAIL YOUR REGISTRATION FORM ALONG WITH YOUR CHECK TO:

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

For more Information, please contact:

Brian Cooke, Executive Director
Phone: 207-878-0316 / 207-653-9558 (Cell)
e-mail: mmfc@maine.rr.com

CAMP REGISTRATION FORM

Name _____

Age as of July 20, 2009 _____

Grade entering Fall 2009 _____

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 \$250 is required.

Age 11 – 17 Full payment of \$275 is required.

Make checks payable to: Maine Metro FC Soccer Camp

NOTE Consent for Medical Treatment (Minor) As the parent or legal guardian of the above-named player, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine, or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb, or well-being of my dependent.

Signature: _____

Date: _____