

## WUSC Youth Soccer Camps

Willamette United Soccer Club

Ages 5-12

This program is designed for all players who want to improve their skills, while still having fun playing the game. There will be four-day sessions, Monday through Thursday, from 9AM-12PM. Coaches will be Pacific University players with coaching experience. Players will be grouped by age. Emphasis will be on skill development and include small sided games each day. Fee covers coaching and insurance. Players should bring water and wear shin guards, socks to cover them, shorts, and appropriate soccer shoes.

FEE: \$120

7048.301 M-Th 9:00 am-Noon 7/7-10

7049.301 M-Th 9:00 am-Noon 7/14-17

Athey Creek Middle School, Front Soccer Fields, 2900 SW Borland Rd.

Questions: John Hanna, 503-638-9777

## Sudy Soccer Camps

Camp Director and Head Coach is Sudy.

Ages 5-12 years

Sudy is the former Head Varsity coach at West Linn High School. Sudy has a marvelous attitude and philosophy for coaching youth soccer players who want to improve their soccer skills.

The Program: The emphasis of this camp is on individual and team skills including:

- Dribbling
- Heading
- Setting Up Plays
- Shooting
- Passing
- Support Play
- Defensive Techniques
- Ball Control

Campers will be divided by age to ensure each player receives proper coaching suited for his or her needs. Sudy will participate in all camp sessions and be assisted by other experienced

coaches along with West Linn High School varsity players. Evaluation: Each camper will be evaluated, special camp awards based on skills and improvement through the week will be given out sporadically. A coaching evaluation participation certificate will be presented to each player.

FEE: \$100 Includes T-shirt.

7050.301 M-F 9:00 am-1:00 pm 7/21-25

7051.301 M-F 9:00 am-1:00 pm 8/25-29

Mary S. Young Park

## Youth Sport Conditioning Class

Dynamic Bodies Staff

Varying ages 8 - 18

Multi-directional sport training series that focuses on movement not muscles. Using functional training methods we teach athletes to develop quick, efficient and powerful movement skills. The training series is based on the principles of momentum and movement such as explosive speed, deceleration, direction change, quickness, reaction time and power. The coaching staff also fosters leadership skills, commitment, work ethic, and a positive attitude. We train athletes on or off season. Athletic clothes and shoes required.

Min 4 Max 6

FEE: \$110

### Ages 8-11

7052.301 Tu & Th 3:30 - 4:45 pm 5/6-29

7053.301 Tu & Th 3:30 - 4:45 pm 6/3-26

7054.301 Tu & Th 3:30 - 4:45 pm 7/8-31

### Ages 12-14

7055.301 Tu & Th 5:00-6:15 pm 5/6-29

7056.301 Tu & Th 5:00-6:15 pm 6/3-26

7057.301 Tu & Th 5:00-6:15 pm 7/8-31

### Ages 15-18

4001.301 Tu & Th 6:30-7:45 pm 5/6-29

4002.301 Tu & Th 6:30-7:45 pm 6/3-26

4003.301 Tu & Th 6:30-7:45 pm 7/8-31

Location: Dynamic Bodies Training Center, 1750 Blankenship Rd., Suite 125.

## Sportfest USA 2008

Sports and games, success for everyone.

Campers:	5-12 years of age
Campsite:	Willamette Park Shelter & Field
Camp Dates:	Monday-Friday, June 16 -20,
Camp Hours:	9:00 am-3:00 pm
FEE:	
6064.301	All week \$120
6065.301	Monday \$25
6066.301	Tuesday \$25
6067.301	Wednesday \$25
6068.301	Thursday \$25
6069.301	Friday \$25

Camp Staff: Charlie McGeehan, Bill Ray, and Szabolcs Sudy. Each staff member has many years of experience coaching and teaching youth.

Program: Multi-sport training, enrichment activities, and games galore will keep every child active and entertained. This camp is designed to help meet the needs of kids and their parents in our community. All campers will feel the benefits of participation (not just the physically gifted) in teamwork, social interaction, problem solving, fitness enhancement, emotional control, and understanding.

Requirements: Campers must wear proper attire for weather, safe shoes (tennis shoes), and bring snacks and lunch for the day.

## Teen Surf Camp - Learn to Surf

Ages 12 - 20

At Oregon Surf Adventures, our goal is to safely introduce you to the essentials of surfing. Our expert instructors will teach you ocean awareness, equipment use, water safety, surf techniques, and surf etiquette. At Oregon Surf Adventures your instructors are certified in First Aid, CPR, and Water Safety. Surf Camp includes rental of Softop Surfboard and Quicksilver wetsuit. We only use the best gear in the best condition to ensure your comfort. Fee includes: transportation, lessons, surfboard, wetsuit, lunch, snack and supervision. Each camper will receive a free goodie bag provided by Oregon Surf Adventure's sponsors.

Transportation provided from:  
West End Building, 4101 Kruse Way, Lake Oswego 97034

FEE: IC \$298 / OC \$303

4000.301 Tu & W 6:30 am-7:30 pm 6/24 & 25

Oregon Surf Adventures, 1235 South Hemlock, Cannon Beach