

2009

Soccer Fundamentals Summer Camp

Camp Week 1 — July 20-24, Course Code: 6174

Camp Week 2 — July 27-31, Course Code: 6175

Camp Format	Residents	Nonresidents
Half Day (M-F, 8am-12pm)	\$100	\$120
Full Day (M-F, 8am-5pm)	\$175	\$210

www.hollyspringsfutbolclub.org

A Typical Camp Day

7:30-8:30 Early Drop-off (optional)
Organized skill activities
8:30-9:00 Camp Starts: Warm up and Stretching
9:00-9:45 Morning Technical Session
9:45-10:30 Break/Snacks
10:30-11:30 Small-Sided Scrimmages
11:30-12:00 Individual Technical Activities (low impact/cool down)
12:00-1:00 Lunch
(1pm on Fridays, Session Ends, Parent Pick-Up)
1:00-1:30 Warm up and Stretching
1:30-2:30 Games
2:30-2:45 Break/Snacks
2:45-3:30 Technical Activities
3:30-3:45 Break
3:45-5:00 Scrimmages
5:00 Camp Ends
5:00-5:30 Late Pick-up (Optional)

Registratration open NOW through Friday, July 10. Visit the Hunt Community Center or go online to www.hollyspringsnc.us to register.

- Registrations are accepted at the Hunt Community Center Monday through Friday from 8 a.m. to 8 p.m. and Saturdays, 8 a.m. to noon.
- Registrations will also be accepted online at www.hollyspringsnc.us. Follow the Parks & Recreation link.
- All participants should be between 7 and 14 years of age at the start of camp.

Campers will be instructed on improvement of fundamental skills and creating confidence as a soccer player. Campers should come prepared with a soccer ball, cleats, shin guards and socks, a large water bottle, snacks and a lunch. Participants must be between the ages of 7 and 13 by the start of the camp. Campers will be grouped for instruction according to their age and level of ability. Instruction will be provided by certified coaches from the Holly Springs Futbol Club.



For more information, contact the Athletic offices at (919) 557-6293, (919) 557-9601, or visit our website at www.hollyspringsnc.us.



Hunt Community Center - (919) 557-9600 - 301 Stinson Ave.