



COSMOS



Note: This information is posted at the website www.JuneauCosmos.org under Tournament Information

COSMOS Developmental Camp 2009

The COSMOS are conducting a training camp in Juneau for 2009

Training Camp General:

- The COSMOS will combine with the U12 Boys team and participate in a weeklong camp to be hosted in Juneau. After discussion with KNVB, Coerver, and Martin Morris a decision was made to hold the camp as designed by Martin. Based on his many years of running camps, we can put on a better camp for our players that what is available through commercial means.
- Camp will run 3 hours a day, Monday 13 JUL to Friday 17 JUL from 6pm to 9pm. Sessions will be primarily based at the Downtown Turf but some work will be offsite. A detailed program will be available at the start of Camp.
- Cost will be \$50. Make out checks to **JSC COSMOS**. Funds will be used for camp expenses and used to create some team travel funds. As a comparison, a Coerver Team camp cost \$195/player for 15 hours over 3-4 days. (Note: The coaches are not being paid for this camp.)
- Camp will concentrate on player skills development with the goal of achieving ball mastery and confidence from individual ball mastery. Some tactical and team development will be included but the focus is for individual player development. Highly skilled players will be pushed further and players needing improvement will be provided the attention needed to gain ball mastery.
- Saturday consists of a Camp Conclusion party at Adair Kennedy field as a pot luck and party. Parents who want to "take on the lads" should bring appropriate soccer kit (shorts, sneakers, etc.) to play in the Parents v Players match (short!). Non-FIFA laws will be put into effect to protect the adults and to give us a fighting chance against the young and swift. More detail later on the "party."
- All players should bring:
 - A ball
 - Water container
 - Running Shoes
 - Soccer shoes
 - Lots of energy

Questions can be answered at the soccer pitch on Saturday 11 July at practice.