

Holy Family Catholic High School

Summer Soccer
Summer Soccer

For all youth grades 7-12

The HFCHS Soccer Coaching Staff will be putting on a summer program for all athletes in incoming grades 7-12. Drill sessions will emphasize stroke mechanics, agility/footwork, and strategy. Conditioning will be a vital component of all sessions. Please contact Coach Oconitrillo with any questions at oconitrillojo@hfchs.org.

1) Soccer Skills Camp

Dates: July 12-16

Times: 9am-11am

Location: Holy Family Catholic High School Soccer Fields

Cost: \$120

This camp is open to both boys and girls in grades 7-12. It will focus on individual skills such as shooting, passing, receiving, dribbling and heading. Players will also receive instruction in individual and team tactics, fitness and game knowledge. HFCHS Boys Head Coach and NCAA Big Ten Official Jorge Oconitrillo will direct the camp.

2) Soccer Goal Scoring Camp

Dates: July 19-23

Times: 9am-11:15am

Location: Holy Family Catholic High School

Cost: \$100

This camp is open to both boys and girls in grades 7-12. This camp will focus on creating goal scoring opportunities as well as improving goal scoring techniques. Coaches will use drills and video recording of each player to improve technique as well as simulation of real game situations. HFCHS Boys Head Coach and NCAA Big Ten Official Jorge Oconitrillo will direct the camp.

3) Soccer Fitness Camp

Dates: July 26-30

Times: 9am-11am

Location: Holy Family Catholic High School

Cost: \$100

This camp is open to both boys and girls in grades 7-12. The camp will prepare players to acquire a foundation level of physical conditioning to enable them to perform better during the competitive high school season. The session will include stretching, sprinting, explosiveness, long distance running, heart rate readings, flexibility, aerobic interval running, and more. HFCHS Boys Head Coach and NCAA Big Ten Official Jorge Oconitrillo will direct the camp.

Registration Deadline: Friday, June 25th, 2010

Registration Form

Registration deadline is Friday, June 25th 2010

Please complete the form, make checks payable to HFCHS, and mail to the following address:

Holy Family Catholic High School
Attn: Jorge Oconitrillo
8101 Kochia Lane
Victoria, MN 55386

If you have questions, please contact Jorge Oconitrillo:

ocotrillojo@hfchs.org

952-443-4659

Name _____

Age _____ **Grade in fall 2010** _____ **Current School** _____

Years of soccer experience _____

Any known medical conditions

Names of Parents or Guardians:

Address _____

City/State/Zip _____

Phone number: _____ **(day)** _____ **(eve.)** _____

Contact email(s): _____

Emergency Name/ Phone number

Parent signature _____