

CAMP DIRECTOR:

TODD COOK

NORTHSTARS SOCCER CLUB- PROGRAM DIRECTOR (2003- PRESENT)

CNS BOYS MODIFIED SOCCER 7/8TH GRADE HEAD COACH (2025-PRESENT)

DIRECTOR OF MEN'S SOCCER OPERATIONS- SYRACUSE UNIVERSITY (2015-2020)

SKANEATELES GIRLS VARSITY SOCCER HEAD COACH (2012-2014)

2012 & 2013 LIBERTY LEAGUE COACH OF THE YEAR

USSF NATIONAL C & D LICENSE

4-YEAR LEMOYNE COLLEGE SOCCER PLAYER LONDON, ENGLAND SOCCER TOUR LEMOYNE COLLEGE AUGUST 2001

BARCELONA & MADRID, SPAIN SOCCER TOUR SU MEN'S SOCCER 2019



2026 CAMP COACHING STAFF:

OUR STAFF WILL PROVIDE QUALITY COACHING, WHILE HELPING YOUNGSTERS BUILD A LOVE FOR THE GAME.

THE COACH TO PLAYER RATIO IS KEPT TO APPROXIMATELY 1-TO-10 IN ORDER TO MAXIMIZE PERSONALIZED TRAINING.

MAIL APPLICATION & \$125 FEE TO:

NORTHSTARS SOCCER CLUB
PO Box 72
NORTH SYRACUSE, NY 13212

CHECKS PAYABLE TO:

TOWN OF CLAY-
(NSC SOCCER CAMP)

OR YOU CAN REGISTER ONLINE @

[HTTPS://TOWNOFCLAY.RECDESK.COM/COMMUNITY/PROGRAM/DETAIL?PROGRAMID=936](https://townofclay.recdesk.com/community/program/detail?programid=936)

PRE-REGISTRATION DEADLINE:

JULY 1ST, 2026

WALK-UP REGISTRATION WILL BE ACCEPTED WITH A \$10 LATE FEE.

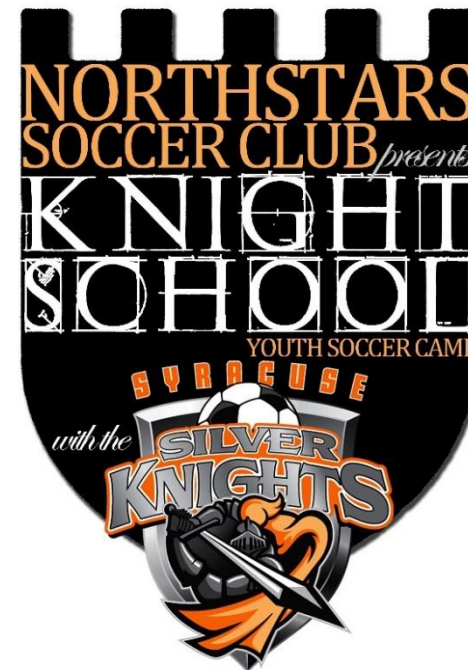
FOR MORE INFORMATION:

WWW.NORTHSTARSSOCCERCLUB.COM

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SPONSORED BY: TOWN OF CLAY



DATE: JULY 6TH – 9TH, 2026

“MINI KNIGHTS”

BOYS & GIRLS:

AGES 5 – 14 YRS. OLD

9AM – 12 NOON

(DROP OFF BETWEEN 8:30-9AM)

(OPEN TO ANY INTERESTED PARTICIPANTS)

(PLAYERS GROUPED BY AGE AND ABILITY)

ENROLLMENT COST: \$125

INCLUDES 12 HRS. PROFESSIONAL COACHING, PARTICIPATION MEDAL, CAMP T-SHIRT

LOCATION: ROXBORO ROAD MIDDLE SCHOOL BACK SOCCER FIELD
(MATTYDALE, NY)

WWW.NORTHSTARSSOCCERCLUB.COM

PLAYER PARTICIPATION RATIONALE:

PLAYERS WILL LEARN VARIOUS PRACTICE DRILLS FROM THE COACHES AT CAMP THEY CAN DO AT HOME OVER THE SUMMER. THE BEST PLAYERS ARE THE ONES WHO ENJOY SOCCER AND PRACTICE & PLAY WITH THEIR FRIENDS AT HOME OR THE PARK. COACHES WILL TEACH PLAYERS NECESSARY BASIC SKILLS NEEDED FOR THE GAME OF SOCCER.

CAMP FEATURES:

- ★ USSF CERTIFIED COACHING STAFF
- ★ DIV.I & II MEN'S & WOMEN'S PLAYERS & COLLEGE COACHES RUNNING DAILY PRACTICE STATIONS WITH ALL CAMPERS!
- ★ SPEED & AGILITY BOOT CAMP TRAINING
- ★ GOALKEEPER TRAINING
- ★ SKILLS COMPETITION CHALLENGE
- ★ WATER FUN OBSTACLE COURSE
- ★ GATORADE CHALLENGE
- ★ PLAYER EVALUATIONS
- ★ FACILITIES: 2 FULL-SIZE SOCCER FIELDS
- ★ EMPHASIS ON SMALL-SIDED GAMES
- ★ SMALL GROUP TRAINING STATIONS
- ★ FILM STUDY STATION IN THE CLASSROOM
- ★ TEAM 5 v. 5 WORLD CUP TOURNAMENT LAST 45 MIN. EACH DAY
- ★ CAMP AWARD CEREMONY
- ★ FUN STATION!! (SOCCER TENNIS, SOCCER GOLF, SOCCER CURLING, EURO HANDBALL, CROSSBAR GAME, JUGGLING CONTEST)
- ★ AUTOGRAPH OPPORTUNITIES

CAMP GOALS & OBJECTIVES:

- ★ EMPHASIS IS ON THE INDIVIDUAL PLAYER. OUR PRIMARY FOCUS IS THE TECHNICAL SKILL DEVELOPMENT OF EACH CHILD.
- ★ PROVIDE SERIOUS YOUNG SOCCER PLAYERS WITH DEVELOPMENTAL TOOLS IN A HIGHLY STRUCTURED, YET **FUN** ENVIRONMENT.
- ★ TECHNICAL TRAINING INVOLVES THE LEARNING OF SKILLS SUCH AS HEADING, DRIBBLING, PASSING & SHOOTING. TECHNICAL SKILLS ARE DISCUSSED, DEMONSTRATED, AND PRACTICED.
- ★ IMPROVE TACTICAL AWARENESS IN INDIVIDUAL AND COLLECTIVE ATTACKING & DEFENDING
- ★ FUNCTIONAL TRAINING ALLOWS OUR CAMPERS TO PUT THAT NEWLY LEARNED SKILL OR KNOWLEDGE INTO PRACTICE. OUR CAMP DOES THAT THROUGH SMALL-SIDED GAMES.
- ★ PHYSICAL TRAINING OUR PREPARATION TO PLAY SOCCER INVOLVES AEROBIC, ANAEROBIC, & PLYOMETRIC (AGILITY) CONDITIONING.
- ★ EVALUATE PLAYER ABILITY LEVEL & OFF-SEASON PROGRESSION AND GIVE THEM USEABLE FEEDBACK AT THE END OF THE CAMP
- ★ THE FOCUS AT THIS AGE IS TO MAKE PLAYERS MORE COMFORTABLE WITH THE BALL AT THEIR FEET AND INTRODUCE THE GAME IN A RELAXED ENVIRONMENT.
- ★ OUR GOAL IS TO MAKE SURE ALL THE PLAYERS BECOME TECHNICALLY SOUND ON THE BALL, SO THAT THEY CAN SPEND THEIR TIME MANAGING THE CHALLENGES IN THE GAME, NOT THE CHALLENGES OF THE BALL, THUS MAKING SOCCER MORE ENJOYABLE TO PLAY.

LIMITED TO 50 PARTICIPANTS



REGISTRATION APPLICATION

"KNIGHTS SCHOOL"

_____ JULY 6TH -9TH , 2026

NAME: _____

PHONE: _____

AGE: _____

* E-MAIL ADDRESS:

IN CASE OF EMERGENCY NOTIFY:

NAME: _____

PHONE: _____

LIST ANY HEALTH CONCERNS:

I HEREBY WAIVE AND RELEASE ALL CAMP PERSONNEL FROM ANY AND ALL LIABILITY FOR ANY INJURIES INCURRED BY THE ABOVE NAMED CAMPER WHILE ATTENDING CAMP.

SIGNED: _____
PARENT/GUARDIAN

DATE: _____ / _____ / _____