**About The Camp**

- The camp is coached by United States Soccer Federation licensed coaches.
- Players will be pushed to their maximum potential.
- Players will be taught the 4 pillars of the game: Technical, Tactical, Physical and Psychological.
- Awards will be presented at the end of the week.
- Camp will be held at the David W. Murphy Field (Turf) on the OCC Campus.

**Things To Bring**

- Bring a snack
- Soccer Ball
- Shin Guards
- Cleats/Indoor Shoes
- Change of clothes
- Sun Screen
- Team color shirt (will be told on Monday)
- Rain Gear/Towel
- Water Bottle

**General Daily Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am - 12noon</td>
<td>Camp 5 - 14 Ages 5 and Up</td>
</tr>
<tr>
<td>8:30am - 9:00am</td>
<td>Camper Check In</td>
</tr>
<tr>
<td>9:00am - 9:30am</td>
<td>Warm-Up (introduce topic of the day)</td>
</tr>
<tr>
<td>9:30am - 10:30am</td>
<td>Technical Training (Dribbling, Passing, Receiving &amp; Finishing)</td>
</tr>
<tr>
<td>10:30am - 11:15am</td>
<td>Match Related Activities/Technical Training using the techniques taught in the morning session Small Sided 4v4/3v3/2v2 games adding some Tactics</td>
</tr>
<tr>
<td>11:15am - 12noon</td>
<td>World Cup Games 4v4, 5v5, 6v6, 7v7 and Larger</td>
</tr>
</tbody>
</table>

**Where is the Camp?**

- David W. Murphy Field, Onondaga Community College, 4585 West Seneca Turnpike, Syracuse, New York 13215.
- Drop off starts at 8:30am.
- If it rains, camp will still continue. If there is thunder and lightening, we will relocate to a safe place indoors.

**Questions?**

Who to contact about the camp?

Camp Director Jeff Knittel
Email: JeffKnittel@Hotmail.com
Phone Number: (315) 439-6782

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**Dates:** August 23rd—August 27th  
**Time:** 9am - 12noon  
**Ages:** 5 –14  
**Fee:** $55.00 (9am - 12noon)
**Meet The Coaching Staff**

**Jeff Knittel (Camp Director)**
A former player at Syracuse University, Jeff has become one of the most recognizable players from the Syracuse area. A native of Chittenango, he was a 3 time High School All-America, 1994 NSCAA National High School Player of the Year, a former U17 National Team Player, and the 1995 Big East Rookie of the Year. At Syracuse he is one of two players to be selected as an All-Region player for 4 years in his collegiate career. Also, in 1995 & 1996 he was a 2nd team All-Big East player and a member of the 1998 1st team All-Big East. Jeff is currently the Manager/Program Director at The CNY Family Sports Centre. He also finished his 6th season as the Boys Varsity Head Coach at Fulton in 2007. In 2005 he lead the team to the NYSPHSAA State Championship, a NSCAA National Ranking of 17, and to the Section III Final in 2006. Jeff is currently the Head Men’s Soccer Coach at Onondaga Community College. Jeff holds a USSF National “B” License.

**Anthony Richmond (Camp Director)**
From 2003-2008 Anthony was the Women’s Head Coach at Bryan & Stratton College in Syracuse, NY. In Anthony’s time at B&S he led the team to 5 strait NJCAA Div 1 Western Region III Finals. The team honors also included a 3 time NSCAA All-Academic Team (Team GPA of 3.0 or higher). Before he became the Head Coach at Bryan & Stratton he served as Assistant Coach in 2002 and in 2000-2001 he was an Assistant Coach at Oswego State with the Women’s program. His experience also includes coaching 8 years at Mexico High School with the Varsity Boys Program. Anthony is currently the Head Coach for the Empire United U12 Girls team. He led the team to the NYW State Championship this past summer and competed at the National Championships in West Virginia over July 4th weekend.

* Other great coaches from the Central New York area will be attending the camp.*

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**2010 Onondaga Soccer Camp Registration Form**

Name: ________________________________________________________________
Address: __________________________________________________________________________________________
City: ___________________________________________  State: __________________  ZIP: ______________________
Telephone: _________________________________________ Email: ____________________________
School: _________________________________________ Grade Completed: ________ Year of Soccer Experience: ______

**Personal/Medical Information:**
Date of Birth: _______________ Please circle: Male or Female Height: ____________ Weight: __________
Shirt Size: (please circle) Youth: S M L Adult: S M L
Date of last tetanus immunization: ____________________________________________________________
Medications currently taking: _________________________________________________________________
Allergies to medicines or other allergies: _______________________________________________________
Conditions that physicians should be aware of: ______________________________________________________
Restrictions while participating: _________________________________________________________________
Insurance Company: ________________________________________ Policy Number: _________________________

**Emergency Information (contact in case of emergency):**
Name: _______________________________________________  Daytime Phone: ______________________________
Family Doctor: _______________________________________ Phone: ________________________________

**Authorization:** As the parent/guardian of the above named child, I give my child permission to participate in the 2010 Onondaga Soccer Camp. I also attest that I have adequate medical coverage, and I authorize any medical treatment for my child, which may be advised or recommended by Camp personnel while my child is a participant in the Camp. I agree to indemnify Onondaga Community College, Onondaga Community College Association, Inc. and the County of Onondaga and its employees for any claim, which may hereafter be presented by my child as a result of any injuries, which may occur as a result of his/her participation. Finally, I understand that by his / her participation, my child agrees to all rules and regulations of the Onondaga Soccer Camp, as established by the Camp Director.

Parent/Guardian Signature: ___________________________________________ Date: ___________

Registration form and check (made payable to OCC Association, Inc.) should be sent to:
Onondaga Community College Association, Inc.
Attention: Auxiliary Service
4585 West Seneca Turnpike
Syracuse, NY 13215