



Cabrillo College Athletics

BOYS & GIRLS SUMMER SOCCER CAMPS 2009

WELCOME! Cabrillo College Athletics invites you to come have fun, learn some new skills from top-level instructors, and enjoy our all-weather facility. Our camps offer a comprehensive, informative week of instruction on our beautiful playing surface in the stadium. The camps will focus on individual and team skills needed to be successful in this wonderful game. These camps will be staffed by the men's and women's coaching staff of Cabrillo College-professional, nationally licensed coaches and former professional players who are attuned to the needs of all ages and abilities. Camp is for athletes 4-15 years old.
Wee-Hawks - 4, 5 and 6 year olds - will train separately and end a bit earlier.

Dates and Times

Week 1: June 22-25

Week 2: July 20-23

Week 3: August 3-6

9:00a.m.-3:00p.m., Monday-Thursday

There is a half- day option of 9:00 a.m.-12:00 noon

Schedule

9:00-11:45 First soccer session

11:45-12:45 Film, activity, lecture, etc. (half-day ends)

12:45-3:00 Second soccer session

Cost

\$185.00 per week for full-day Camp runs from 9:00 a.m. to 3:00 p.m.

\$120.00 per week for half-day Camp runs from 9:00 a.m. to 12:00 p.m.

Wee-Hawks \$75.00 Camp runs from 9:00 a.m. to 10:30 a.m.

Location

Cabrillo College's Carl Conelly Stadium

Trainings will include:

- **Warm-up and coordination training**
- **Fun circuit training**
- **Individual technique for field players and goalkeepers**
- **Small sided games**
- **Defensive organization**
- **Attacking options and finishing**
- **Possession game emphasizing support and movement**
- **Great coaching and fun**

[Registration Form](#) (complete and print)

[Download Brochure](#) (includes registration form)

Coaching Staff

Mike Arzabal - Cabrillo College Women's Assistant Coach

Paolo Carbone - Cabrillo College Men's and Women's Head Coach

The camp is from 9:00 am to 3:00 pm in the stadium at the Cabrillo College Athletics Complex. There is a half day option, ending at 12 noon (Wee-Hawks end at 10:30 am). There will be a lunch break (please bring your own lunch). There will be a certified athletic trainer, plenty of water and rest breaks. Players should bring soccer shoes, flat soccer/running shoes, shin guards and a water bottle.

Location

Cabrillo College's Carl Conelly Stadium **[Directions and Maps to Cabrillo College Campus](#)**

For additional information, please contact Mike Arzabal at 831-325-6644 or by email at mikearzabal@earthlink.net

Proceeds from the camp support Cabrillo College Women's and Men's Soccer teams (community-based intercollegiate programs).