



# Preseason Camp

Tuesday August 4<sup>th</sup> to Friday August 7<sup>th</sup>

## DEVELOPING SPEED & INTELLIGENCE

The DSI Soccer Academy staff are offering a unique, high-performance training experience that is focused on providing a physical and technical development boost before the fall / winter season begins. The players will be exposed to high intensity and quality training to sharpen their **physical**, **technical** and **psychological** skills.

The coaching team of Craig & Josh have a combined 60+ years of coaching experience, including collegiate, professional, and national team environments. The 75-minute sessions have been specifically designed to factor in age & maturation and will provide a mini-boost for dedicated & serious players.



### Craig Dalrymple – CAMP DIRECTOR

- Bachelor of Science (Kinesiology)
- Former collegiate and professional athlete
- Holds highest coaching license in 4 countries
  - England, France, Canada & USA
- 17+ years coaching in professional club academies



### Josh Smith – LEAD INSTRUCTOR

- Kinesiology major at SFU
- Former collegiate athlete
- Canadian A License holder
- 8+ years coaching at collegiate level
- 18+ years coaching at elite youth level

## TRAINING GROUPS

**Group 1** : 9am to 10:15am = **2018 & 2017 born players**

**Group 2** : 10:15am to 11:30am = **2016 & 2015 born players**

**Group 3** : 11:30am to 12:45pm = **2014 born & older players**

**TRAINING LOCATION** : TOCA indoor soccer centre (Langley)

9339 200a Street, Langley Twp, V1M 0B3

### CAMP BENEFITS & FOCUS AREAS

- Experienced coaching staff
- Focus on instilling elite training habits
- High engagement & activity levels
- Physical & cognitive development
- Short, sharp, and specific!!!

### FEES

- Camp fee = \$160 (for 4 days)
  - DSI Academy Training Shirt = \$20
- Note:** DSI Academy players can use grey training shirt (if previously purchased)

**[CLICK HERE TO REGISTER](#)**

[www.cidsport.ca](http://www.cidsport.ca)

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