



High Performance Camps – Winter 2024/25

Developing Speed & Intelligence (DSI)

The game at the highest level is played at faster speeds with fewer mistakes. To progress players must improve their speed of thought, allowing them to think, move, and execute actions quickly. The 3-day DSI camp focuses specifically on these important development areas.

1. **Awareness** = gathering information from their surroundings i.e. space, opponents, teammates...
2. **Decision making** = making the correct decision i.e. pass, dribble, shoot...
3. **Execution** = completing the desired technical action with speed and accuracy

Note: these camps are for dedicated players that can give best effort and apply instruction

CAMP #1 = Dec 27 th to Dec 29 th (3 days)			
TRAINING GROUPS	Day 1 = Fri Dec 27 th	Day 2 = Sat Dec 28 th	Day 3 = Sun Dec 29 th
Girls born 2015 & 2014	11:30am to 12:30pm	3 to 4pm	3 to 4pm
Girls born 2013 & 2012	11:30am to 12:30pm	3 to 4pm	3 to 4pm
Girls born 2011 & older	2 to 3pm	5:30 to 6:30pm	5:30 to 6:30pm
Boys born 2015 & 2014	12:45 to 1:45pm	4:15 to 5:15pm	4:15 to 5:15pm
Boys born 2013 & 2012	12:45 to 1:45pm	4:15 to 5:15pm	4:15 to 5:15pm
Boys born 2011 & older	2 to 3pm	5:30 to 6:30pm	5:30 to 6:30pm

CAMP #2 = Jan 3 rd to Jan 5 th (3 days)			
TRAINING GROUPS	Day 1 = Fri Jan 3 rd	Day 2 = Sat Jan 4 th	Day 3 = Sun Jan 5 th
Girls born 2015 & 2014	11:30am to 12:30pm	3 to 4pm	3 to 4pm
Girls born 2013 & 2012	11:30am to 12:30pm	3 to 4pm	3 to 4pm
Girls born 2011 & older	2 to 3pm	5:30 to 6:30pm	5:30 to 6:30pm
Boys born 2015 & 2014	12:45 to 1:45pm	4:15 to 5:15pm	4:15 to 5:15pm
Boys born 2013 & 2012	12:45 to 1:45pm	4:15 to 5:15pm	4:15 to 5:15pm
Boys born 2011 & older	2 to 3pm	5:30 to 6:30pm	5:30 to 6:30pm

Players have the option to register for one camp (3 days) or both camps (6 days).

Training Location = TOCA Indoor Soccer Centre (9339 200a St #120, Langley Twp, BC V1M 3Y4)



Craig Dalrymple – Lead Instructor

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



Josh Smith – Lead Instructor

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

CAMP FEES

- One camp = \$100 / player
- Both camps = \$180 / player (\$20 savings)
 - Players registered for both camps will receive a performance report

CAMP REGISTRATION

- Complete link below
<https://forms.gle/NbjMxM6ox2tWmhQe7>

www.cidsport.ca

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