

Location and Facilities

The academies are held at DiCaprio Park in Guilderland, New York. It is conveniently located off of Carman Road (Route 146) in Schenectady just minutes from both Western Avenue (Route 20) and Interstate 890. For directions visit the Guilderland United website at www.guilderlandunited.com

Camp Philosophy

Cross Bar Soccer Academy provides a positive learning environment for all of its players. We accomplish this by creating a competitive but enjoyable atmosphere where players improve their individual skills and understanding of the game. These principles are presented by our nationally licensed staff.

General Information

Players should bring shin guards and a ball to camp. Water will be provided to all players. Players participating in the goalkeeping program should bring their own goalkeeping equipment. *Each player who attends any of the Summer Academies will receive a camp t-shirt.*

Speed & Agility

All players will be exposed to a variety of speed and agility training during each week of the Cross Bar Academy. The level of intensity will be based on the age of the player.

Tuition/Discounts

Half Day Academy 9:00-12:00	\$95
Full Day Academy (w/swimming) 9:00-3:00	\$195
Competitive Academy 9:00-12:00 & 6:00-8:00	\$195
Goalkeeping Academy 9:00-12:00 & 6:00-8:00	\$195
Little Kickers Academy 6:00-8:00	\$75

A discount of \$15 will apply to all Academies if the application is received by June 1, 2009, OR receive a multi-family discount of \$25 per player.

REGISTER ONLINE AT : WWW.GUILDERLANDUNITED.COM
REGISTER BY JUNE 1, 2009 TO RECEIVE A DISCOUNT!

CROSS BAR SOCCER ACADEMY
1219 Angelo Drive
Schenectady, NY 12303

Cross Bar

2009 Soccer Academy

Directed by
Mike Kinnally, Guilderland Varsity Boys Coach
Section II AA Coach of the Year



Half Day Academy • July 13 - July 16

Full Day Academy (with Swimming) • July 13 - July 16

Competitive Academy • July 27 - July 30

Goalkeeping Academy • July 27 - July 30

Little Kickers Academy • July 27 - July 30

AT
DICAPRIO PARK, GUILDERLAND, NY



ACADEMY PROGRAMS

Half Day Academy 9:00 - 12:00

Boys and Girls Ages 7-14 • July 13-16

Fee: \$95 per week

The Half Day Academy is loaded with technical instruction, small-sided games, and lots of fun. It will help players develop their individual skills as well as a love and passion for the game. Players are grouped by age and skill level to ensure that their instruction is challenging enough yet not overwhelming.

Full Day Academy (with Swimming) 9:00 - 3:00

Boys and Girls Ages 7-14 • July 13-16

Fee: \$195 per week

The Full Day Academy includes top level soccer instruction and time at the pool! The Academy takes place at DiCaprio Park from 9:00-11:30 noon. At the conclusion of the soccer camp, players ride the bus to Tawasentha Park. After a healthy lunch (provided by the staff), campers will swim at the town pool for an hour and finish up on the field playing games. Parents should pick up their children at the Tennis Courts at 3 pm. All pool fees, transportation costs, and lunch for all four days is included.

Competitive Academy 9:00 - 12:00 & 6:00 - 8:00

Boys and Girls Ages 8-18 • July 27-30

Fee: \$195 per week

This competitive week, although intense, provides a positive learning environment for each participant. A curriculum which includes both small and full-sided matches, combined with individual technical and tactical training, will challenge players and improve their skills. Players are grouped appropriately by both age and skill level. Players are expected to attend both training session each day.

Goalkeeping Academy • 9:00 - 12:00 & 6:00 - 8:00

Boys and Girls Ages 8-18 • July 27-30

Fee: \$195 per week

Our goalkeeping program is offered during the Competitive Academy week. Goalkeepers work with the staff during the morning and evening sessions and then play in the full sided games. Specific attention will be given to fundamentals, positioning, diving, handling crosses, distribution and decision making. Goalkeepers should be prepared for a challenging and rewarding week.

Little Kickers Academy 6:00 - 8:00

Boys and Girls Ages 5-8 • July 27-30

Fee: \$75 per week

The Kickers Academy is about teaching the fundamentals and having fun. Our focus is on skills with agility, balance, and coordination exercises. Kids games are an important part of the week.

Academy Coaching Staff

Mike Kinnally

◆ Coached at Mt. St. Mary College & Coker College ◆ USSF "B" & National Youth License ◆ NSCAA Advanced National Diploma

Chris Curran

◆ Coached at Plymouth State, Mount Cinerio College & Mount Union College ◆ USSF "A" License ◆ NSCAA Premier Diploma

Jason Ramundo

◆ NSCAA Regional Goalkeeper License ◆ Assistant Men's Coach at Siena College ◆ NYS ODP Staff ◆ NSCAA National Diploma

Duane Wood

◆ USSF "D" License ◆ NSCAA National Diploma ◆ Former Varsity Girl's Coach at Mohonosen High School ◆ NSCAA Goalkeeper Diploma

Lou Pantuosco

◆ Coached at Babson College & Winthrop University ◆ USSF "A" License ◆ NSCAA Premier Diploma ◆ Won National Championship

Paul Marco

◆ Men's Coach at Binghamton University ◆ NSCAA National Staff Coach ◆ USSF "A" License ◆ NSCAA Premier Diploma

Nick Southworth

◆ USSF "D" License ◆ Played at RPI and University at Albany ◆ Colonie High School Coach ◆ NSCAA National Diploma

Matt Jones

◆ Assistant Women's Coach at College of St. Rose ◆ Coached at Siena College and Hudson Valley CC ◆ NSCAA National Diploma

Noel Cox

◆ Assistant Women's Coach at Siena College ◆ NSCAA National Goal Keeping Diploma ◆ MAAC Co-Defensive Player of the Year in 2004

Joe Duffy

◆ NYS ODP Coach ◆ Former Varsity Boys' Coach Schenectady High School ◆ USSF "D" License ◆ NSCAA National Diploma

Kristen Shaw

◆ Assistant Women's Coach University of Albany ◆ NSCAA National Diploma ◆ Former player with the New England Mutiny

Registration Form

Check Desired Session(s):

- July 13-16 Half Day Academy 9:00-12:00 \$95
- July 13-16 Full Day Academy (with Swimming) 9:00-3:00 \$195
- July 27-30 Competitive Academy 9:00-2:00 & 6:00-8:00 \$195
- July 27-30 Little Kickers Academy 6:00-8:00 \$75
- July 27-30 Goalkeeping Academy 9:00-12:00 & 6:00-8:00 \$195

***** EARLY REGISTRATION DISCOUNT *****
Register by June 1st and receive \$15 discount.
OR
Multi-family discount of \$25 per player.

NAME	AGE	M/F
ADDRESS		
CITY	ZIP	
HOME PHONE	WORK PHONE	
EMAIL		
EMERGENCY CONTACT		
SCHOOL	FALL GRADE	

T-SHIRT SIZE

____ YS ____ YM ____ YL
 ____ AS ____ AM ____ AL ____ AXIL

Send Check or Money Order payable to:

Cross Bar Soccer Academy

1219 Angelo Drive
 Schenectady, NY 12303

