

LUSC Mid-Summer and Pre-Season Clinics

It is my intention to provide LUSC children with high-level clinics that have a quality staff at an affordable rate. As with the skills clinics we've offered throughout the winter and April Vacation, I will be the lead instructor at both of these programs.

LUSC Summer Clinic:

This will be the fourth summer LUSC is offering a mid-summer soccer clinic. In an effort to accommodate more Lexington families we have moved the dates up a couple of weeks. We will be holding the clinic at **Diamond Middle School from July 13th to July 16th**.

Date: Monday July 13th through Thursday July 16th
Time: 9:00 a.m. to 1:00 p.m.
Location: Diamond Middle School
Grades: 2nd through 8th
Cost: \$150 per child

There will be **goalie training** available each day for those interested.

Here are just a few brief bios of some of this year's committed staff (*Additional staff with similar qualities will keep the student to coach ratio no more than 12 to 1*):

Featured Staff:

Jaime Gilbert- Jamie was a two-sport athlete at Brooks School in North Andover, MA where she starred in soccer and basketball. A member of the National Champion Stars of Mass U19 team, Jaime went on to play soccer at the University of North Carolina. In her four years as a Tar Heel she won 3 ACC championships and 1 National title in 2006.

Andre Pelletier- André recently accepted a position with the MLS club Colorado Rapids as a head coach in their youth system. He holds an NSCAA National Diploma and served as a Professional Development Coach for LUSC the past three years. Prior to working for LUSC he served as an assistant coach at Wellesley College, Babson College and his alma mater Tufts University, where he was team captain his senior year. André has a very calm demeanor with kids and has an excellent ability to demonstrate proper technique. Andre teaches first and second grade at the Shady Hill School.

Tom Mitch- Director of both Forza Soccer Tours and Grasshopper FC, Tom brings a wealth of coaching experience to the table. Tom holds both USSF and NSCAA premier level national coaching credentials. As a player, Tom attended Duke University, where as a 4-year starter, he helped the team to win the 1986 NCAA Division 1 championship, the first NCAA national team championship in the school history. Tom currently works with LUSC as a K through 2nd grade professional coach as well as on the Thursday afternoon skills clinics.

LUSC pre-season clinics Monday, Aug. 24 thru Thursday, Aug. 27.

These pre-season clinics are a great way to get your young soccer player back in touch with both soccer and their teammates in preparation of the fall soccer season. Every effort will be made to group players participating by their new fall teams so they can get accustomed to their new teammates.

All clinics will be **directed by LUSC DOC, Brendan Donahue**, assisted by professional staff. The staff will be hired by the DOC to ensure a high quality of instruction. The clinics will maintain a coach to player ratio of 12 to 1.

The clinic schedule is as follows. All clinics will be held at **Diamond field** in Lexington.

U8/U9/U10/U11 (Boys and Girls) 5:00 pm to 7:00 pm

Date: Monday, Aug. 24th thru Thursday, Aug. 27th.

Price: \$75

U12/U13/U14 (Boys and Girls) 9:00 am to 12:00 noon

Date: Monday, Aug. 24th thru Thursday, Aug. 27th.

Price: \$95

These clinics are open to fall 2009 registered LUSC players only.

The clinics will focus on teaching a number of **age-appropriate technical soccer skills**. While the focus will be on skill development, the staff will maintain an enjoyable teaching environment using **fun, small-sided games**.

- Attacking moves and fakes, turns, dribbling under pressure and at speed
- Proper passing and receiving technique, increasing speed of play
- Shooting for power and accuracy
- Individual defending and tackling

Space is limited for these clinics, so please register early if your child is interested in participating. Please register on-line at www.lexingtonsoccer.org. Questions can be sent by e-mail to Brendan Donahue at bdonahue@lexingtonsocer.org.

Have a Great Summer!

Brendan
LUSC Director of Coaching