

FC America – 2018 Summer Programs

Scroll down for program descriptions and details on dates and times.

FCA- -Summer Camp 8:30-9:45 am Schebler Fields

June 5 – July 17 (Tuesday & Thursday)

Ages 6-12

FC America’s Scrimmage Open Play Festival

June 6 – July 18 (Wednesday)

Summer Fitness Enhancement Program (Speed – Agility - Conditioning)

Will meet twice a week – sessions will be 1 hour

Starts: Week of June 12 - Ends: week of July 24

FC America Select Sessions U13-U15 EARLY BIRD SESSIONS

June 5 – July 19 (Tuesday and Thursday)

FC America 2018 Summer ADVANCED DAY CLINICS

June 11 – July 20 (Monday, Wednesday & Friday)

Most be approved please email premiersoccer@mchsi.com

Additional Programs Coming in late Summer

Pre Season Training will be Announced In July

Strikers Camp will be announced in July

Program Description

FCA- -Summer Camp:

- June 5 – July 21 (Tuesday & Thursday)
- Ages: 6-12 Boys and Girls
- Time: 8:30-9:45am

- Location: Schebler Fields
- Cost: \$70 for player
\$110 family rate for FCA CAMP
- Instructor: FCA STAFF

Non FC America members \$100 per player

This camp is aimed at players between the ages of 6—12. Players will receive expert coaching on all the soccer skills including dribbling, control, passing, and shooting as well as small-sided games. The goal is to teach soccer skills in a fun way so that players develop a passion for the sport and have fun during the summer months while maintaining their soccer touch.

FC America's Scrimmage Open Play Festival:

- June 6 – July 18 (Wednesday)
- Ages: 8-15 Boys and Girls
- Time: 8:30-10am
- Location: Schebler Fields
- Cost: \$45 for player
- NON FC AMERICA PLAYER \$55
- Instructor: FCA STAFF

"When are we going to scrimmage?" is probably the most asked question by players. This camp is designed to make those players happy! The player's will scrimmage the entire time. We will award points to each player and announce a winner at the end of the Open Play Festival. We will select teams based on the players attending the session and scrimmage. Every week players will be on different teams and based on the results will earn points (3 for win, 1 for a tie and 0 for a loss) for each game they play during the session. Players will experience various small-sided games playing with and without keepers. Players will be grouped by age and ability.

Summer Fitness Enhancement Program (Speed – Agility Conditioning):

- Will meet twice a week – sessions will be 1 hour
- Starts: Week of June 12
- Ends: week of July 24
- Ages: 12-18 Boys and Girls
- Time: 5-6PM
- Location: TBA
- Cost: \$45 for player
- NON FC America PLAYER \$55
- Instructor: Carly Donahue - University of Iowa trackteam.

The summer fitness-training program will enhance the speed, agility, strength, conditioning, power, and overall performance of soccer athletes. Athletes will participate in a range of strength and conditioning exercises, speed and agility activities that target efficient mechanics, and age appropriate plyometric. Performance enhancement will be achieved through a games approach to fitness training that includes activities that are both challenging and fun for all abilities. Athlete's progress will be measured through pre and post program fitness-testing; athlete's will also receive personalized feedback and coaching regarding their technique and execution of exercises. The sessions will be held by Carly Donahue current University of Iowa track team member. Bio - High School -- named most outstanding performer at Drake Relays and Class 4A state meet senior year... won state titles in 100-meter hurdles, 400-meter hurdles and as part of 1,600-meter and shuttle hurdle relays senior year... seven-time state champion, four-year elite all-state honoree, three-time Quad City all-Metro first team selection... set school records in 100-meter hurdles and as part of 1,600-meter and shuttle hurdle relays..

FC America Select Sessions
June 6 – July 19 (Tuesday and Thursday)
U13-U15

June 6 – July 20 (Tuesday & Thursday)

Ages: 13 - 15 Boys and Girls

Time: 7:15-8:30 am

Location: Schebler Fields

Cost: \$100 per player

Instructor: Franco

The Select Morning sessions is a unique and focused for only the upper level club players. This is an excellent clinic for serious soccer players.

FC America 2018 Summer ADVANCED DAY CLINICS

June 12 – July 20 (Monday, Wednesday & Friday)

Ages: 14 – 18 Boys and Girls

(Must be approved by Franco for the program)

Time: 7:15-8:30 am

Location: Schebler Fields

Cost: \$150 per player

Instructor: Franco

KEY POINTS OF THE PROGRAM

The clinic is COED for players in 15-18.

I will have a limit on the number of players I will take.

After you submit your information you will receive an email with information on the programs dates and locations.

The Advanced Day Clinic program is a unique and focused for only the advanced players. This is an excellent clinic for serious soccer players. It is especially suited for players who are playing club soccer in premier clubs & collegiate players conditioning for the start of the college season. For the advance summer sessions each player **MUST** be approved by me (Franco). You may contact me (Franco) by email at premiersoccer@mchsi.com or call 563-468-7314 for approval.