



Mail Checks to:  
 ZenFooty  
 c/o Eyleen Hawkins  
 113 Tuttle Ave  
 Claredon Hills, IL 60514

## Summer Program Registration

### About Yourself

\* Parent's Name: \_\_\_\_\_ \* Parent's Email: \_\_\_\_\_  
 \* Parent's Home Phone: \_\_\_\_\_ \* Parent's Mobile Phone: \_\_\_\_\_  
 Referred By: \_\_\_\_\_

### About The Player

\* Player's Name: \_\_\_\_\_ \* Player's Email: \_\_\_\_\_  
 Player's Home Phone: \_\_\_\_\_ Player's Mobile Phone: \_\_\_\_\_

### Select Services

Service	Price	Session 1	Session 2	Total Cost
Breakfast Club	\$100	<input type="checkbox"/>	<input type="checkbox"/>	_____
Private Training	\$500	<input type="checkbox"/>	<input type="checkbox"/>	_____
Group Training	\$250	<input type="checkbox"/>	<input type="checkbox"/>	_____
Summer Nights	\$50	<input type="checkbox"/>	<input type="checkbox"/>	_____
Pick-Up Games	\$20	<input type="checkbox"/>	<input type="checkbox"/>	_____
Service	Price	AM	PM	Total Cost
Summer Camp 1	\$200	<input type="checkbox"/>	<input type="checkbox"/>	_____
Summer Camp 2	\$200	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Total:</b>				_____

Private Training Day/Time:  Sunday  Monday  Tuesday  Wednesday  AM  
 Thursday  Friday  Saturday  PM

Group Training Day/Time:  Sunday  Monday  Tuesday  Wednesday  AM  
 Thursday  Friday  Saturday  PM

Notes/Special Instructions: \_\_\_\_\_  
 \_\_\_\_\_

Please make checks payable to ZenFooty Training Academy



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## Summer Program Registration – Program Descriptions

### Breakfast Club

The Breakfast Club (BC) is a one hour early morning training session focused on fitness and foot-speed. It is held every weekday morning throughout the summer from 8:00AM to 9:00AM. The BC session is lead by either a coach or Trainer from the ZenFooty Soccer Academy. This service was so successful last year that several members became high performers on their cross country teams as well as on their fall soccer teams. Included in the Breakfast Club are the following activities:

- Warm-Up
- Relays
- Ladder Drills
- Shuttles
- Magic Square
- Hopping Bar
- Lunges
- Cool-Down

The breakfast club is followed up with a casual pick-up game with players that stay after. They generally play for one hour.

The fee for the Breakfast Club is \$5 per day or \$100/session. "BC Rocks"

### Private Training

Private Training is detailed skills training in a one-on-one environment with Ed Hawkins, Director of Coaching at ZenFooty Soccer Academy and former US International. Training sessions will last for 45 minutes and, depending on the needs of the player, will consist of activities in the following areas:

- Dribbling
- Receiving
- Passing
- Shooting and Finishing
- Goalkeeping

Players will get full exposure to the ZenTouch Skills Development method which focuses both on the mechanics of ball mastery as well as activities which stress the use of these skills in match situations. Players receive 5 visits with the trainer per summer session.

The fee for Private Training is \$500 per session. Students can opt for doubling the visits each week for \$1,000 per session.



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## Group Training

Group Training is a skills training session for multiple players. Groups range in size from four members to eight members. Players in these sessions get a combination of individual skills and skills for combination play. Multi-player skills activities help the players apply tight skills under match conditions. Sessions usually finish with a small sided match. On an individual level, players receive the following skills:

- Dribbling
- Receiving
- Passing
- Shooting and Finishing
- Goalkeeping

In addition, players learn the following:

- 
- Two player combinations
- Three player combinations
- How to perform the above skills under pressure
- Team attacking and defending

Players will get full exposure to the ZenTouch Skills Development method which focuses both on the mechanics of ball mastery as well as activities which stress the use of these skills in match situations. Players receive 5 visits with the trainer per summer session.

The fee for Group Training is \$250 per player per session. Students can opt for doubling the visits each week for \$500 per person per session. However, there must be an age/skill appropriate group available to train with.

## Summer Nights

Summer Nights soccer is a 6 vs. 6 pick-up league where 5 players and a goalie play on a shortened field. This allows for maximum touches on the ball and a great summer evening experience. Each team will play two games per week and will receive team t-shirts from ZenFooty Soccer Academy. The games will be played at Bellerive Park in Westmont. Teams will be COED however, they will be grouped by competitive levels and age levels where appropriate (especially with youth players). Players do NOT have to be affiliated with ZenUnited to play in summer nights. It is an extension of the pick-up games. Bring your friends from work, get your company to sponsor the team, or come alone and we will put you on a team of we can.

The fee for Summer Nights is \$50 per player or \$400 per team.

## Pick-Up Games

Pick-Up games are simple and fun for all skill levels and age groups. We generally start with a warm-up period, break up into two teams, and play a match. The rules are simple: call your own fouls, try to stay on sides, respect the other players, share the ball, and balance the teams where possible.



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## Summer Camp

Summer camps are COED and organized by age groups. These camps are from Monday through Friday from 9:00AM to 12:00 noon or from 1:00PM to 4:00PM. Summer Camp Session 1 will be held the week of July 14 through July 18. Summer Camp Session 2 will be held the week of July 28 through August 1. In addition to being grouped by age, players will also be grouped by skill level to ensure the experience is productive. The camp curriculum consists of the following:

- Warm Up
- Ball Mastery
- Dribbling
- Passing
- Receiving
- Shooting and Finishing
- Scrimmage Matches
- Contests

The players will receive a t-shirt and a ball to keep. They will also receive a player evaluation centered on accomplishments and ideas to build on for future development.

The fee for the weekly camp is \$200 per student per week. This covers 5 three hour sessions. Players may participate in double sessions for \$400 for the week.

## Session 1

Session 1 is the first summer session beginning on June 10 and ending on July 11. Students who sign up for services during this session must complete their scheduled sessions during this session since the schedule for Session 2 may not have open slots for make-ups.

The Summer Camp Session 1 begins on July 14 and ends on July 18.

## Session 2

Session 2 is the second summer session beginning on July 14 and ending on August 22. Students who sign up for services during this session must complete their scheduled sessions during this session since the schedule for Session 2 may not have open slots for make-ups.

The Summer Camp Session 2 begins on July 29 and ends on August 1.