

To: [REDACTED]
From: DTS Training Staff
Sent: Mon 4/16/2012 2:00:55 PM
Subject: Dutch Total Soccer Overnight Camp

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DTS Overnight Camp

April, 2012

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DTS Overnight Camp 2012

The DTS Overnight Camp is a 5 full day camp designed to provide a rigorous training program in combination with the overnight experience of a soccer camp within a private school setting. By challenging players to think and act in specific game situation they will improve greatly in a short period of time.

The camp is led by our DTS Staff, all of which have KNVB and UEFA licenses. Training will focus on the Dutch Concept of training: Knowing WHAT to do, WHEN to do it and HOW to do it at the technical and tactical speed that is required in the modern game. In addition to soccer practices, games, scrimmages and instruction, the camp will include team building and other activities to keep your child interested in the entire weeks activities.

The camp is for girls and boys from 9 to 15 years of age, with housing dedicated to each. In addition to our trainers, the staff will include female chaperones and on site medical staff.

Linden Hall Lititz, PA

Price: \$645

Sign up before 6/1/2012 and receive a \$50 discount

Sunday, July 29th Friday, August 3rd 2012

Check in is on Sunday, between 1:00pm-4:00pm and Pick-Up is on Friday at 2:00pm

(Camp ends with demonstration session)

Click [here](#) for more information and registration

Founded in 1746, Linden Hall is the nation's oldest independent boarding and day school for girls. The campus is located in historic Lititz, Pennsylvania; a safe, charming town of 8,000 situated between Harrisburg and Philadelphia. With modern facilities close to each other, Linden Hall provides a great location to host a DTS Overnight Camp. Click [here](#) to visit the Linden Hall website.

Millbrook School - Millbrook, NY

Price: \$695

Sign up before 6/1/2012 and receive a \$50 discount
Sunday, August 12th Friday, August 17th 2012
Check in is on Sunday between 1:00pm-4:00pm and Pick-Up is
on Friday at 2.00pm
(Camp ends with demonstration session)
Click [here](#) for more information and registration

The Millbrook School, located in Millbrook, NY is an exclusive private school that provides the perfect location for an Overnight Camp in the Hudson Valley area. The facility provides: turf and grass fields, indoor training in their 86,000 sq. ft. sports complex, cafeterias and dorm rooms geared toward school-aged kids. In the quiet surroundings at Millbrook, the school hosts its own zoo. Click [here](#) to visit the Millbrook School website.

Example of Overnight Camp daily activities

7:30 am Wake up
7:45 am Soccaerobics
8:15 am Breakfast
8:45 am Get ready for the days Group talk
9:15-12 Training Session (Skills training)
12:00pm Lunch + mandatory rest
1:30-4:00 pm Training Session (tactical training with applications in scrimmages)
4:00-5:00 pm Down time
5:00-6:00 pm Dinner
6:00-6:30 pm Down time
6:30-7:30 pm Light kick around/scrimmages
7:30-9:00pm Team building
10.00pm Lights out

DTS Overnight Camp unique features

- All UEFA and KNVB licensed coaches from Holland.
- Daily blog with pictures and stories of the day for parents.
- Team building activities.
- A great combination of individual techniques brought into game situations to beat your opponents (1v1).
- An environment in which players will be consistently challenged and asked to compete at a high level while building

confidence and enjoying the game.

-Performance evaluation and feedback to improve.

-T4 Speed and Agility Testing/Evaluations.*

The DTS Overnight Camp includes

- Housing in Dorm rooms (requests for roommates honored)
 - 3 daily meals**
- T4 Speed and Agility Testing with evaluation
- New Camp T-shirt every day (5 T-shirts total)
 - Laundry services available
 - Team Building activities

For questions about the DTS Overnight Camps, contact Tom Nota at [REDACTED]com or call [REDACTED]

For team registrations, contact the DTS Overnight Camps Director.

**DTS staff is certified to provide T4 Speed and Agility Testing, a national speed and agility test specific for soccer players where each player can be compared to others of their same age group.*

***Special diet restriction meals not available but refrigeration available for pre-made meals for dietary restricted players only (sorry but discounts not available for providing your own meals).*

Soccer Centers :: [REDACTED] Somerset, NJ 08873

DUTCH TOTAL SOCCER has a professional staff with USSF "A" license and European coaches providing improved level of play for all ages.

soccer centers

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