

# SUMMER SOCCER 2009 SCHEDULE

Available to players ages 4 – 18

US Premier Soccer runs the areas best soccer camps with an emphasis on developing youth soccer players in a fun and safe environment. All aspects of the game will be covered by experienced and qualified coaches. The coaching staff has a wide variety of backgrounds and we all share a passion for soccer and its continued success and growth at the youth level.

Tots (TT) Ages 4-6  
KinderKicks Ages 5-7  
Junior (JR) Ages 7-10  
Competitive (CP) Ages 10-12  
Advanced (AD) Ages 12 over  
Teams (TM) Ages 8-19



**East Coast Conditioning**  
Sports Performance Training

**SPORTSPLEX**

ECC SportsPlex  
216 Tingley Lane  
Edison, NJ 08820  
(908) 756-6868

## NEW FACILITY INCLUDES

- 11,000 SQ.FT TURF COMPLEX IN EDISON, NJ
- 5 BATTING CAGES
- LIVE PITCHING SET UP
- 2 IRON MIKES

OPEN SPACE FOR INFIELD PRACTICE

BASEBALL & SOFTBALL CONDITIONING PROGRAM



where athletes train

\* Camps at ECC in Edison will be held indoors in Air Conditioned complex with ability to go outside at Wardlaw School

Location	Dates	Time	Site	Programs	Price	Code
Clark	June 29 to July 3	9am to 12pm, 9am to 3pm	Bartel Fields	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	1A-UN
Westfield	June 29 to July 3	9am to 12pm, 9am to 3pm	Unami Park	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	1B-UN
Edison, Scotch Plains	June 29 to July 3	9am to 12pm, 9am to 3pm	East Coast Conditioning	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	1C-UN
Clark	July 20 to July 24	9am to 12pm, 9am to 3pm	Bartel Fields	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	2A-UN
Westfield	July 20 to July 24	9am to 12pm, 9am to 3pm	Unami Park	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	2B-UN
Edison, Scotch Plains	July 20 to July 24	9am to 12pm, 9am to 3pm	East Coast Conditioning	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	2C-UN
Clark	August 10 to August 14	9am to 12 pm, 9am to 3pm	Bartel Fields	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	3A-UN
Westfield	August 10 to August 14	9am to 12pm, 9am to 3pm	Unami Park	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	3B-UN
Edison, Scotch Plains	August 10 to August 14	9am to 12pm, 9am to 3pm	East Coast Conditioning	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	3C-UN



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## Summer 2009 Programs

For more information call  
**(908) 756-6868** or visit  
[www.EastCoastConditioning.com](http://www.EastCoastConditioning.com)

where athletes train

# SUMMER BASEBALL CAMP 2009 SCHEDULE

With Jim Coleman

# FOOTBALL CAMP

With College Power/Speed Training

## Week 1: Ages 8-12

### Option A: Offensive Camp

June 22nd to June 26th, 9am to 10:30am

### Option B: Defense Camp

June 22nd to June 26th, 10:30am to 12pm

### Option C: Pitcher/ Catcher Camp

June 22nd to June 26th, 12pm to 1:30pm

## Week 2: Ages 13+

### Option A: Offensive Camp

June 29th to July 3rd, 9am to 10:30am

### Option B: Defense Camp

June 29th to July 3rd, 10:30am to 12pm

### Option C: Pitcher/ Catcher Camp

June 29th to July 3rd, 12pm to 1:30pm

## Week 3: Ages 8-12

### Option A: Offensive Camp

July 6th to July 10th, 9am to 10:30am

### Option B: Defense Camp

July 6th to July 10th, 10:30am to 12pm

### Option C: Pitcher/ Catcher Camp

July 6th to July 10th, 12pm to 1:30pm

## Week 4: Ages 13+

### Option A: Offensive Camp

July 13th to July 17th, 9am to 10:30am

### Option B: Defense Camp

July 13th to July 17th, 10:30am to 12pm

### Option C: Pitcher/ Catcher Camp

July 13th to July 17th, 12pm to 1:30pm

## Week 5: Ages 8-12

### Option A: Offensive Camp

July 20th to July 24th, 9am to 10:30am

### Option B: Defense Camp

July 20th to July 24th, 10:30am to 12pm

### Option C: Pitcher/ Catcher Camp

July 20th to July 24th, 12pm to 1:30pm

## Week 6: Ages 13+

### Option A: Offensive Camp

July 27th to July 31st, 9am to 10:30am

### Option B: Defense Camp

July 27th to July 31st, 10:30am to 12pm

### Option C: Pitcher/ Catcher Camp

July 27th to July 31st, 12pm to 1:30pm

## Class Descriptions

### Option A: Offensive Camp

(Hitting, baserunning, speed and power training)

### Option B: Defense Camp

(Agility, speed, fielding, throwing, situations)

### Option C: Pitcher/ Catcher Camp

(Arm speed, footwork, mental preparation, pitch development, receiving, blocking, speed/power/agility training)

All Baseball Camps cost \$180 per player / per camp

Camps will be held at The Wardlaw-Hartridge School  
1295 Inman Avenue, Edison, NJ 08820. Any rain complications  
camps will be held at our air-conditioned ECC SportsPlex.

## Middle School, High School & College Lessons

Each session will focus on:

- Personally determined hitting, fielding, pitching or defense skill development – 45 minutes
- Customized Baseball specific Power, Agility and Speed Development – 15 minutes

As leaders in sports performance development we know elite sports performance requires both:

- Exceptional sport specific skill and knowledge
- Comprehensive biomechanical strength and conditioning

No athlete succeeds at the most competitive levels without both. That is "How Athletes Train."

**Cost:** All private lesson packages are purchased in blocks of 8

# of Athletes:	1	2	3	4	5	6
Cost per Athlete:	\$60	\$50	\$45	\$40	\$35	\$30

Coaches – call for additional team package options.

## Lessons for Ages 10 and Under

Baseball and Softball Lessons are 30 minutes in duration.

**Cost:** \$45 per session

**LEARN Skill and position development and solid FOOTBALL tactics combined with college power and speed training IN A WEEK-LONG TACKLE FOOTBALL CAMP!**

## Ages 10-15

### Session 1

Morning camp  
July 6th to 10th  
10am to 1pm

### Session 2

Morning Camp  
July 13 to 17th  
10am to 1pm

### Session 3

Evening Camp  
July 20th to 24th  
5pm to 8pm

Camps will be held indoors in at the ECC air-conditioned complex with ability to train outside at:  
The Wardlaw-Hartridge School  
1295 Inman Avenue, Edison, NJ 08820

Come learn the same football techniques used at the professional, college and high school levels. Players will be introduced to specific skills for their desired positions, along with general blocking and tackling techniques every player needs in order to succeed.

Coach Crisafi teams up with the professional training staff at East Coast Conditioning, to combine speed and agility training with fundamental collegiate football techniques designed to improve your overall play on the gridiron.

Price: \$249/session

All participants will receive ECC Camp football Jersey.

Coach Marc Crisafi is the program and curriculum head for the ECC Football Camp.

## About Coach Crisafi:

- 20 years of football coaching experience
- Currently coaches at Arthur L. Johnson High School
- Coach Crisafi has instructed and successfully developed numerous college and professional players including:



Pittsburgh Steelers

- Super Bowl Champion
- Right Guard Darnell Stapleton



Rutgers University

- Offensive Lineman Desmond Stapleton
- Defensive Tackle & Team Captain Peter Tverdov

As well as many other Division 1A, 1AA, Division 2 & 3 players