



THE BERKY BLAST

Fall 2012

The Berkshire Soccer Academy Newsletter

LETTER FROM THE DIRECTORS

Dear BSA Families,

We are excited to share the first edition of The Berky Blast, the Academy's newsletter. The Blast will be published seasonally to keep our community connected and to share updates about staff, campers and our facility. We hope you enjoy reading it!

It's hard to believe that summer 2012 is already behind us. Since returning home, we have received all kinds of amazing letters, emails, and phone calls from campers, staff, and parents about the great experiences they had. We love hearing from you, so keep 'em coming!

We are gearing up for an even better summer in 2013! The BSA facility will continue to undergo renovations all winter long; and we are already recruiting our stellar staff. Session dates are listed below and are posted on our website; enrollment will open soon!

Everyday we connect with new campers who are eagerly looking forward to their first summers at the Academy in 2013. Many of them come to BSA because our current families have shared their thoughts with family and friends. We want to thank you for passing along your BSA experiences to others!

Finally, we want to introduce the newest member of our BSA team, our daughter Everett Hope. Born on July 24, she is proud to be a Berky Girl!

We wish you all the best in school and with your fall sports and activities. Please stay in touch—we always love hearing from you!

Warmly, *Liza + Eric*



Eric, Liza and Everett

2013 SESSION DATES

Friday, June 28 - Tuesday, July 2 (4-day)

Sunday, July 7 - Thursday, July 18 (12-day)

Saturday, July 20 - Thursday, July 25 (6-day)

Sunday, July 28 - Friday, August 2 (6-day)

*** Rates & early enrollment discounts available on our website!**



HOST A MEET & GREET

Many current BSA families have asked about ways to spread the word and share their experiences with other families and players in their soccer club or community. One great way to do so is to host a "Meet & Greet" with Eric and Liza. It could be at your home, on the soccer field after a game or practice, or at the local pizza place. **If you are interested in hosting a "Meet & Greet" any time between October and April, please contact Eric and Liza at the BSA office.**



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BSA STAFF SPOTLIGHT:

Deb Pacchioni

We recently caught up with Deb Pacchioni, one of BSA's Master Soccer Coaches. Here's what Deb had to say about her soccer background, coaching philosophy, her camp experience and life in BSA's off-season.

You're originally from Brazil. What brought you to the United States and how long have you lived here?

DP: I was in high school, competing at a high level in both volleyball and soccer. I was playing for the Brazilian National Soccer Team and one of my coaches had a connection with an American college coach from National American University in South Dakota. In 1997, this coach came to Brazil and recruited me and one of my teammates to play for him. I moved to South Dakota to attend NAU and play collegiate soccer.

How did you start coaching?

DP: During the summer, I played soccer for the New Jersey Wildcats. The head coach and several of my teammates were from Princeton University. The coach ran two camps at Princeton for young girls; I began coaching with her that summer.

How did you end up working at the Berkshire Soccer Academy?

DP: Technology had a lot to do with it! I had recently launched a new business and was online browsing through ideas for my website when I came across the BSA website. I loved what Liza and Eric had done with their website and before I knew it, I had clicked on something on their site. Eric emailed me, then I had an interview via Skype, and then it developed from there.

"When I bring my love, passion and experience together with the American kids' incredible work ethic, it is a perfect combination."

How did you like your summer at camp? What did you enjoy most about the experience?

DP: I had the time of my life! I didn't know what to expect going in, as I had never been in this type of camp environment. (But, I had grown up on a farm in Brazil, so I was comfortable in the quiet, rural setting.) But being isolated with no internet, no TV and no cell phone service made for a special environment. The staff really bonded—everyone from Liza and Eric, to the coaches and maintenance staff—we were together 24/7 and all



became like a family. I found this atmosphere created a very effective coaching environment, as you are completely present in the moment, with your head out of everything else, which allows you to focus 100% on the girls. We were able to accomplish in 6 or 10 days what usually takes months of coaching. This was incredibly fulfilling for me as a coach!

Is there a difference in coaching style in Brazil vs. the U.S.? What type of coach are you?

DP: Yes and no. Each coach has his/her own style. A lot has to do with personality. However, I feel like in Brazil there is a lot of flair and finesse and also more flexibility in the game. We call it the "happy game" because we are so passionate about playing and coaching. Here in the U.S. it is a more physical game, with less room for creativity and spontaneity. On the other hand, the American kids bring such a strong work ethic to the game. They are willing to work very hard to improve their skills. I love coaching young soccer players and passing along my passion for the game. When I bring my love, passion and experience together with the American kids' incredible work ethic, it is a perfect combination. And, this makes me very eager to teach, because I feel I can make a huge difference as a coach.

Where do you live now and what are you doing during the school year?

DP: I coach full time at a soccer club in Chicago. And, I am also pursuing two businesses that I am very excited about. The first is a personal fitness training company for kids, taught both at the individual level and in small groups. The second business uses complementary learning, following the school curriculum, to develop and promote programs that bring visual learning to the soccer field. It is a very unique way to help kids reach key milestones. I am very busy, but I love what I am doing!

Brazil will be hosting both the 2014 World Cup and the 2016 Summer Olympics. Are you excited for these events to take place on your home turf?

DP: Absolutely! I'm particularly excited for the World Cup. I'm not sure if we're going to win anything, but I know we'll put on a great party for everyone!

7 Tips For Staying Healthy & Preventing Injuries

With the fall soccer season here, our Berkshire Soccer Academy athletes take to the fields for their school and club soccer teams. Many are also cross-country runners, gymnasts, dancers, tennis players, and more. The stresses of school can also set in, taking a toll on the body. With this sudden increase in intensity from the slower pace of summer to the taxing activities of the fall, it is crucial that our girls understand the importance of taking care of themselves in order to prevent injury and illness.



by Liza Wittenberg

HERE ARE 7 TIPS FOR STAYING HEALTHY AND PREVENTING INJURIES THAT I'VE COMPILED FROM TEAMMATES AND COACHES THROUGHOUT THE YEARS:

- ✓ **SLEEP** - Sleep is fundamental to everything else on this list, so make a serious effort to get adequate and consistent sleep. For most people that means 6-9 hours per night. Take naps during the day if necessary. Even a 20-minute cat-nap can do wonders! (Just as long as it's not during class!)
- ✓ **EAT** - Make time in your schedule to eat and plan ahead. That might mean bringing your lunch to a Student Government meeting, or packing a snack to refuel between school and soccer practice. Your body needs energy to function.
- ✓ **DRINK** - Our muscles need to stay hydrated in order to perform. Carry a water bottle to your classes throughout the day, or leave one in your locker or desk to sip on constantly. Avoid sugary drinks as a source of consistent hydration and save them for a post-game pick-me-up.
- ✓ **STRETCH** - Your body can be chronically sore or stiff in the middle of a season, so arrive to practice early in order to fit in at least 20-minutes of warm-up time. The "Berky Warm-Up" is a great series of dynamic movements and stretches to do on your own or with your team before every practice and game.
- ✓ **STRENGTHEN** - Your muscles will be able to better support your joints and ligaments, and experience less wear-and-tear in-season, if they are stronger. Commit yourself to even a light weight-lifting regimen year-round in order to build up your strength. And even though you are a soccer player you should not neglect upper-body strength. Your legs, core, and arms all need to be equally strong and balanced. BSA's new Strength & Conditioning program, to debut next summer, will teach you some key movements to focus on.
- ✓ **LISTEN** - You know your body best, so constantly be aware of the way it feels and moves. Make note of any changes, and be sure to consult your coach, athletic trainer or physician if anything doesn't feel right.
- ✓ **CARE** - Have you ever heard, "your body is a temple?" Well it's true! It needs to be cared for and loved, not mistreated and abused. Examine your body from head to toe to be sure to care for each and every part. From clipping your toenails to brushing your teeth, it all plays a vital role in making you a healthy athlete and person through and through!

Liza grew up playing competitive club soccer in Minnesota, and was an Olympic Development Program (ODP) regional pool player. A 4-year starter and captain on the Varsity high school team, she also ran track and served on Student Government. Recruited to play at UNC-Greensboro, she transferred to Georgetown University where she captained the team as a senior. After graduating in 2002, she played for the W-League's Northern Virginia Magestics. Liza continues to play and coach soccer at various levels. She currently lives in California with her husband and co-director Eric, and their daughter Everett Hope.

BERKSHIRE SOCCER ACADEMY AROUND THE WORLD

Campers and staff come to the Berkshire Soccer Academy from all over the country and around the world each summer to have the time of their lives. Here's a list of the states and countries represented at BSA this past summer 2012.

- California
- Colombia
- Connecticut
- Ecuador
- Florida
- Georgia
- Illinois
- Maryland
- Massachusetts
- Mexico
- Missouri
- New Jersey
- New Mexico
- New York
- Pennsylvania
- Rhode Island
- South Carolina
- Sweden
- Switzerland
- Tennessee
- United Kingdom
- Washington





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Facility Update



We have many exciting plans for the facility this winter. Much to the dismay of the campers, we will not be installing an escalator to transport them from the center of camp to the soccer fields. But the Arts & Crafts Shop (the big brown building behind the campfire area) is getting an extreme makeover and will debut next summer. The workout room below the dining hall will also get a facelift; the grass fields are undergoing some major improvements; and the campfire area will get new seating. We look forward to sharing these, and other developments with you on our Facebook page.

www.facebook.com/BerkshireSoccerAcademy



Facebook Poll



What are the 3 top things you learned at BSA this summer? Tell us by posting your responses to our Facebook page. We'll mail a BSA bag to three of the best answers!

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