



# THE BERKLY BLAST

Fall 2013

*The Berkshire Soccer Academy Newsletter*

## LETTER FROM THE DIRECTORS

Dear BSA Families & Friends,

Thank you for making 2013 our best summer yet! With 250 campers, 60 staff, 1 Gold Medalist, and only a handful of rainy days, we enjoyed every minute of it. Since summer's end, we have heard from staff and campers alike who are still connecting with each other. We love it!

Yes, we are already enthusiastically planning and preparing for next summer! With many improvements in the works, we know 2014 will be even better!

Best, *Liza + Eric*



Liza & Eric with Everett

## 2014 Session Dates & Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
29	30	Jul 1	2	3	4	5	
Session I: Mini-Camp				Closed for the 4th of July			
6	7	8	9	10	11	12	
Session II: 6-Day						Bridge I	
13	14	15	16	17	18	19	
Bridge I		Session III: 6-Day				Bridge II	
20	21	22	23	24	25	26	
Bridge II		Session IV: 6-Day					Bridge III
27	28	29	30	31	Aug 1	2	
Bridge III		Session V: 6-Day					

**Bridge Program:** Add this program to either the beginning or end of your camp stay to accommodate travel plans, or to "bridge" multiple sessions together. Girls are well-supervised as they enjoy a break from training to experience daily activities and excursions unique to the Bridge Program.

**Save-a-Spot:** Are you definitely enrolling, but unsure about next summer's dates? Select Save-a-Spot on your application to reserve a spot and secure the current Early Enrollment Discount, but wait until March 15, 2014 to decide on the exact session.

**College Prep Program:** This program, offered during all of our 6-day sessions to rising freshmen, sophomores and juniors, explains the ins and outs of college soccer, the recruiting process, and life as a student-athlete.

**Goalkeeper Track:** Offered during all 5 of our camp sessions, there is at least one goalkeeper training session each day. Both new and experienced goalkeepers are welcome.

## Rates

**If Enrolled by  
December 31st\***

Session I .....	<del>\$895</del>	<b>\$735</b>
Sessions II, III, IV, or V .....	<del>\$1395</del>	<b>\$1145</b>
Bridge I .....	\$400	
Bridge II or III .....	\$200	

\***Early Enrollment Discount:** Enroll by December 31st and receive a discounted tuition.

**Promo Code: BERKY**



## WINTER DIRECTORS' TOUR

We are traveling all over the country this winter, and we want to see YOU!

### Come visit us at the following locations:

**January 15-19:** NSCAA Convention - Philadelphia, PA

**February 15-17:** Weston Cup - Weston, FL

**February 26:** Upper 90 Soccer + Sport Meet & Greet - Manhattan, NY

**February 27:** Upper 90 Soccer + Sport Meet & Greet - Brooklyn, NY

**February 28 - March 2:** Manhattan Soccer Club Kick-Off Classic - New York, NY

**March 5:** Soccer Post of Bedford Hills - Bedford, NY

**March 7:** LIJSL Annual Convention - Melville, NY



## VISITING PRO: HAO!



US Women's National Team midfielder Heather O'Reilly visited the Academy on July 22. She took to the field in a Berky dri-fit to coach players in a shooting session, even shining their boots when they scored 4 points! After enjoying lunch at the O'Reilly Cabin table, she spent over an hour at our campfire area answering questions. Every athlete got a photo with her and her gold medal, as well



as an autographed item. Her work ethic, positivity, and gratitude for the game were truly inspiring to all Academy campers and staff. Thanks for visiting, HAO!

## STAFF UPDATE: "Where are they now?"

Wondering what your beloved 2013 BSA Staff are doing now? Here are a few updates:



**Georgia Ferguson, Assistant Soccer Coach** - As a junior at Gettysburg College rebounding from an ACL tear, Georgia is the top-scorer for the Bullets, and has led her team to the playoffs with a 12-2-3 record. As an Anthropology major, she is heading to South Africa in the spring to study multiculturalism and human rights. Her sorority, Chi Omega, just raised \$10,000 for the Make-A-Wish Foundation; and her favorite treat is a chocolate milkshake. Yum!



**Jeff Katz (aka: Jeffrina), Master Soccer Coach** - Jeff is back at Baker School in Chestnut Hill, MA teaching 5th grade. As the boys varsity coach at Brookline High School, he finished the regular season with a record of 11-4-3, heading into the state tournament. Good luck!



**Brandon Owens (aka: Bo), Fishing Instructor** - Brandon takes his culinary skills from fish-fries over the BSA campfire to his food truck turned catering business in Kentucky--recently converting an old gas station to open up the first location of Red Neck Deli. As an avid athlete, he is also working toward a certification in personal training. But he doesn't stray far from his fishing rod, this fall he competed in a fishing tournament at a local reservoir and came in 6th place. Now he's looking forward to spring fishing season. Keep it up, Bo!



**Dena Floyd, Strength & Conditioning Coach** - Dena is a busy lady! She will finish her graduate program in Leadership and Non-Profit Management at NC State in May 2014. This fall, she launched her own personal training business, called DFPT; and she attended the Ethnic Minority Women in Coaching Leadership Conference in Colorado at the Olympic Training Center. Finally, she is training hard to prepare for an elite CrossFit competition in January called the Carolina Fitness Challenge. Go Dena!



**Emmy Johnson, Assistant Soccer Coach** - Emmy graduated in May 2013 from Northern Michigan University with a degree in Biology, and has since returned to her home state of Minnesota (where Liza is also from) to start a masters program in Occupational Therapy at St. Catherine University. She plays in an adult soccer league, and coaches a U15 girls team--both of which have gone indoors due to the cold. But that doesn't bother Emmy, she's excited for the snow to fall so she can break out her ice skates and skis. Brrr!

# Super-Fan = Super-Star

Which is your favorite professional sports team? Who is your favorite athlete? Did either of your answers include a women's soccer team or player?

Many kids and families enjoy watching sports, but as female soccer players, we rarely have the opportunity to watch the best of the best play our sport, our way. Here are some upcoming opportunities to bring women's soccer into your home. Check your local listings for times and stations:



by Liza Wittenberg



- **NCAA Women's College Cup, Division I:**
  - **Semifinals:** December 6 at 5:00 pm and 7:30 pm ET on ESPNU
  - **National Championship:** December 8 at 3:00 pm ET on ESPNU
- **US Women's National Team vs. Brazil:** November 10 at 3:30 pm ET on NBC
- **National Women's Soccer League (NWSL):** to begin April 2014
- **Local schools:** Contact the women's soccer program at your local high school or university, and check out a practice or game!

While watching these games, we can learn a lot and strive to emulate the women on the field. Keep an eye on the player in your position. Here's what to look for:

- 1. Watch her mechanics & positioning.** Specifically her hips. When does she get low? Where are her hips facing when she passes the ball? When does she jog, sprint, back-pedal? How does she take breaks when she is tired? Where does she position herself off the ball?
- 2. Count her mistakes.** Does she have a perfect game? How many "unforced errors" does she make? How does she react after making a mistake?
- 3. Note her attitude.** Does she complain, talk smack, argue with the ref or her teammates, or showboat? Does she help an opponent up? Does she smile or laugh during the game? Does she appear frustrated or happy? What does she do if she is substituted out of the game?

In your next game, can you try to act more like her, in the way she moves, the decisions she makes, and the attitude she brings to the field and to her team? One day, someone will watch you play in hopes of copying your moves and manner. Maybe someone younger or less experienced than you already does!

## Follow us @BerkySoccer



#berkygram, #berkygirls, #berkygirl, #BSA, #berkyreunion, #berkshiresocceracademy

## BRASS BELL

We're polishing up all kinds of things at the Academy...including our brass bell! What a beauty!





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## Seasonal Snapshot

We all get to enjoy the Academy during summer, but very few get to see how gorgeous this special place can be in the fall.



## Berky by the Numbers Summer 2013

**54%**

of campers  
enrolled  
without a  
friend

**8**

countries represented  
by our international  
staff and campers

**100%**

of campers liked our food

**77%**

of staff want to return  
next summer

**21**

US states that  
our campers  
hailed from

**16**

soccer balls signed by  
Heather O'Reilly during her  
visit to BSA on July 22, to be  
given away at Directors Tour  
Events this winter