



THE BERKY BLAST

Spring 2013

The Berkshire Soccer Academy Newsletter

LETTER FROM THE DIRECTORS

Dear BSA Families,

In just over a month, the 2013 camp season will begin at the Berkshire Soccer Academy!

We have had an action-packed off-season touring the country, meeting many soccer club athletes and coaches, hosting soccer clinics and meet & greets and attending tournaments from Florida to California and everywhere in between. We have enjoyed seeing many of you along the way and are thrilled that you have been playing so much soccer.

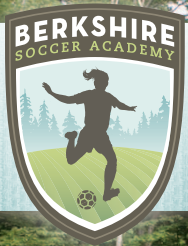
This summer is going to be Fantastic! We are excited to welcome back several of our veteran coaches. They will be joined by a talented and experienced group of new coaches from top quality soccer programs. Thank you for sharing news about BSA with your friends and teammates. We have enjoyed speaking with and enrolling so many returning campers and their friends.

We are looking forward to seeing all of you at the Academy soon and we wish you a wonderful end to your school year and spring soccer season.

Warmly, *Liza + Eric*



Liza & Eric with Everett



BERKSHIRE SOCCER ACADEMY OPEN HOUSE
Saturday, June 1st & June 15th • 12:00 pm - 2:00 pm



**Meet the Directors
& Tour the Facility**

For interested
and first time
campers.

Berkshire Soccer
Academy for Girls
East Otis, MA

**Register
Now!**

www.berkshiresocceracademy.com • 800.326.9219

2013 SESSION DATES

- Session I: Saturday, June 29 - Tuesday, July 2 (4-day)
Open to campers ages 9-15
- Session II: Sunday, July 7 - Thursday, July 18 (12-day)
Open to campers age 10-15
- Session III: Saturday, July 20 - Thursday, July 25 (6-day)
Open to campers ages 10-17
- Session IV: Sunday, July 28 - Friday, August 2 (6-day)
Open to campers ages 10-15

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

COLLEGE PREP PROGRAM

BSA is partnering with **Upper90 College** to offer a College Prep Program. This program is for girls who would like to learn about playing women's collegiate soccer. The program will provide personalized guidance on the recruitment and scholarship process.

Visit our blog for details at:

<http://berkshiresocceracademy.com/about/college-prep/>

Open to girls who are rising high school freshmen, sophomores and juniors.



Program offered during Session III: July 20-25

Tuition: \$175

To register, contact Eric at 800-326-9219
or email eric@berkshiresocceracademy.com

THE REALITY OF WOMEN'S SOCCER SCHOLARSHIPS

A recent article in the NSCAA Soccer Journal by Dr. Jay Martin, Head Coach of Ohio Wesleyan's Men's soccer team, discusses the statistical likelihood of high school athletes receiving scholarships. The reality is that, among a population of over 270,000 female high school soccer players, a mere 3.4% were offered a college athletic scholarship (and those scholarships covered just 43% of costs.) However, there is a silver lining. There are many long-lasting benefits of playing soccer and pursuing excellence individually and as a team. **The Complete Soccer Guide** offers 7 Reasons to Play Soccer and **Teens Health** sites 5 Reasons for Girls to Play Sports.

In conclusion, Dr. Martin recommends keeping it in perspective. Focusing on the lifelong, character-building lessons inherent in soccer will provide far greater and lasting benefits than an elusive sum of money.

To learn more, see our blog article:

<http://berkshiresocceracademy.com/2012/05/11/womens-soccer-scholarships/>



FIND THE BEST OVERNIGHT SOCCER CAMP: *Player Development vs. "ID Camps"*

If you're one of the 7 million parents with a daughter who plays soccer, you may be searching for an overnight girls' soccer camp. Once you start looking, you'll be surprised by the multitude of options. What will be the best fit for your daughter?

Camps fit into two categories: ID Camps and Player Development Camps. Once you've chosen between these two different types of camps, you'll have narrowed your search considerably. Still, there are many factors to consider in selecting the best camp for your child. Eric Wittenberg, BSA Co-Director, discusses both Player Development and ID Camps in the BSA blog. Review Eric's blog posting to help guide you in your search:

<http://berkshiresocceracademy.com/blog>.

Facility Update

Since the day camp closed last summer, Maintenance Director, Larry Hopkins, and his crew have been busy updating many of our buildings and outdoor facilities. Updates include a complete renovation of the Arts & Crafts building (which will be open for the first time this summer), a brand new workout/fitness facility, a new campfire circle, and updated lakeside cabins.



Our newly renovated Arts & Crafts building

Social Media Caption Contest



Post your caption to the picture at left on our facebook, Twitter or Instagram with #captioncontest to win a \$25 credit to the BSA Store!!



Twitter: @berkysoccer

Instagram: @berkysoccer

FB: www.facebook.com/berkshiresocceracademy

MEET THE COACHES

Our dedicated soccer staff, comprised of Master Coaches and Assistant Coaches, come to the Academy from across the US to coach in BSA's unique environment. Master Coaches are licensed professionals who have dedicated their careers to youth soccer instruction. Assistant Coaches are former and current NCAA players who are pursuing a career in coaching, teaching, sports psychology or sports administration. Every coach is committed to teaching and serving as a role model to our athletes.

HERE'S A QUICK LOOK AT OUR 2013 MASTER COACHES:

CARYN "CMACK" MACKENZIE: Athletic Director and Head of Physical Education at The Stanley Clark School in South Bend, IN; coaches high school girls soccer and middle/high school girls basketball; 30+ years of coaching experience.

DEBORA PACCHIONI: Formerly a National Team player in Brazil; currently coaches youth soccer in Chicago, IL.

SARAH STRICKLAND: Head Women's Soccer Coach at Appalachian State in Boone, NC.

JEFF KATZ: 5th Grade Teacher at Baker School in Chestnut Hill, MA and Head Boys Varsity Soccer Coach at Brookline High School; has coached youth soccer for 15+ years.

ERICA LIPPITT: Played D-I soccer at Drexel University, then finished up her degree and college career at University of North Florida; Master's in Sports Psychology from Georgia Southern University and Assistant Women's Soccer coach there.

To learn more about our Master and Assistant Coaches, check out our web site at:

<http://berkshiresocceracademy.com/staff/soccer-staff/>

BSA GEOGRAPHIC DIVERSITY

One thing that makes BSA unique is the diversity of our camper base. Our athletes hail from all over the US and the world. Many athletes come to the Academy with a friend, others come solo. All our campers are assured of meeting other passionate soccer players from around the country and the globe. For summer 2013, we already have athletes enrolled from 17 different states and territories, and five foreign countries, including Australia, India, Mexico, Bahrain and Hong Kong.

For a list of cities/states of our 2013 camper base go to: <http://berkshiresocceracademy.com/?p=3227>



OFF THE PITCH WITH *Diane Drake*



Diane Drake has coached Division-1 women's soccer for nearly 20 years. Her coaching career has taken her to UNC-Greensboro, Georgetown and George Mason, where she has spent the past decade. Diane is a member of the BSA Advisory Board.

What is a general timetable for young players hoping to get recruited to play D-1 college soccer?

By 8th grade, most competitive club players know whether they want to play in college. By 9th grade (or 10th grade at the latest), D-I college coaches begin to evaluate players. It is important for the aspiring college athlete to informally visit the schools on her "short list" (20 or so schools), based on her own personal criteria. For example, does she prefer a school in a city/suburb, does she want a big-time football school, how far does she want to travel from home, etc. The list of schools should have a range of reach, target and safety schools based on the student's academic performance. By sophomore year, the list should be narrowed to approximately a dozen schools, and the player should plan to attend clinics/tryouts at each of these schools. These programs run throughout the year and generally are 3-6 hours in duration and cost approximately \$75-100 to attend. This is the ideal way for the student athlete to determine if a particular school, team and coaching style are a good fit; and likewise, for the coach to evaluate the player's abilities and fit with the team.

"To succeed in college athletics, you must have the mental strength to be able to deal with a highly competitive culture"

Would you adapt this timetable if a player is seeking to play at the D-II or D-III level?

For D-II and D-III, I would push this timetable back at least a year, maybe longer. At the D-I level the players are being recruited much earlier—usually by their sophomore year in high school. There are even a lot of freshmen who get looks from D-I coaches. For D-II and III, most players are not committing until their junior year, even fall of senior year in some cases.

How would you advise young athletes on choosing the right school?

I think you need to seek out a coach who understands the type of player you are and is realistic and impartial about your potential as a college player. There are 325 D-I women's soccer programs and over 600 total programs in the US, so there are many different options. Picking a school at the right level of play (D-I vs. D-III, for example) is vitally important. It will be difficult to succeed if you are playing at the wrong level, and you will be unhappy

both on and off the field. The key is to find the college that is a good personal fit, and where you will also have an opportunity to play.

What does it take to be a successful college athlete?

To succeed in college athletics, you must have the mental strength to be able to deal with a highly competitive culture. Every college athlete was likely the best player on her high school and club team and now finds herself on a team where she is surrounded by great players, all vying for playing time. Without mental toughness, you cannot succeed at the college level. It is also important to know your personal goals and to understand your role on the team. Some athletes may be satisfied being a bench player, knowing that they are practicing hard every day to make the starters better. These players are vital to the team's success. However, if your goal is to be a starter and you are not one of the best players on the team, then you will be very disappointed on the bench. You would be better off going to a D-III school where you can play! Finally, student athletes must never forget that they are students first, and even though soccer is a huge commitment, they must always maintain certain academic standards.

What are some pitfalls that can befall recruits once they arrive at college?

Poor fitness can be a major pitfall. Players must arrive at college completely "soccer fit" (meaning their strength and endurance training are top notch.) If they do not, they will have a miserable first year. Adjusting to a new living situation away from home, with greater independence, can also be an issue. Of course, most coaches have their players' schedules locked in pretty tightly, where they practice as a team and are also together off the field in study halls, at meals and usually living together in dorms. This team scheduling helps players keep their priorities straight.

Have you had an experience with a player who chose the wrong school and, if so, can you share what happened?

I had a player a few years ago who transferred into George Mason as a sophomore. She had chosen her original school after several visits there, thinking that her teammates were serious and committed to getting better individually and working hard as a team. As it turned out, most of her teammates were more social and did not share her commitment to excellence. Fortunately, after transferring to George Mason, this player was able to join a team that shared her same level of commitment, giving her the environment in which to thrive.



4 New King Street
Suite 101
White Plains, NY 10604

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!

www.facebook.com/BerkshireSoccerAcademy



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.**



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



by Liza Wittenberg

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.

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

