



THE BERKY BLAST

Spring 2014

The Berkshire Soccer Academy Newsletter

LETTER FROM THE DIRECTORS

Dear BSA Families,

The 2014 camp season is almost here! With many new program and facility improvements, it's going to be our best summer yet!

Our collaboration with TeamFirst Soccer Academy to host their first overnight camp experience during Session I (June 29-July 2) will be one-of-a-kind. Berky girls will spend 4 days training under soccer legends Mia Hamm, Kristine Lilly, and Tisha Venturini.

Speaking of soccer stars, Heather O'Reilly, our Visiting Pro, will be returning for a day during Session III (July 14-19). She will share her contagious energy and inspirational attitude in all new ways, creating an unforgettable experience for every Berky girl.

Finally, we are excited to introduce 3 new "Bridge Sessions". These weekend-long programs provide campers with the opportunity to connect two or more sessions together. More soccer, more friends, more fun, more BSA!!

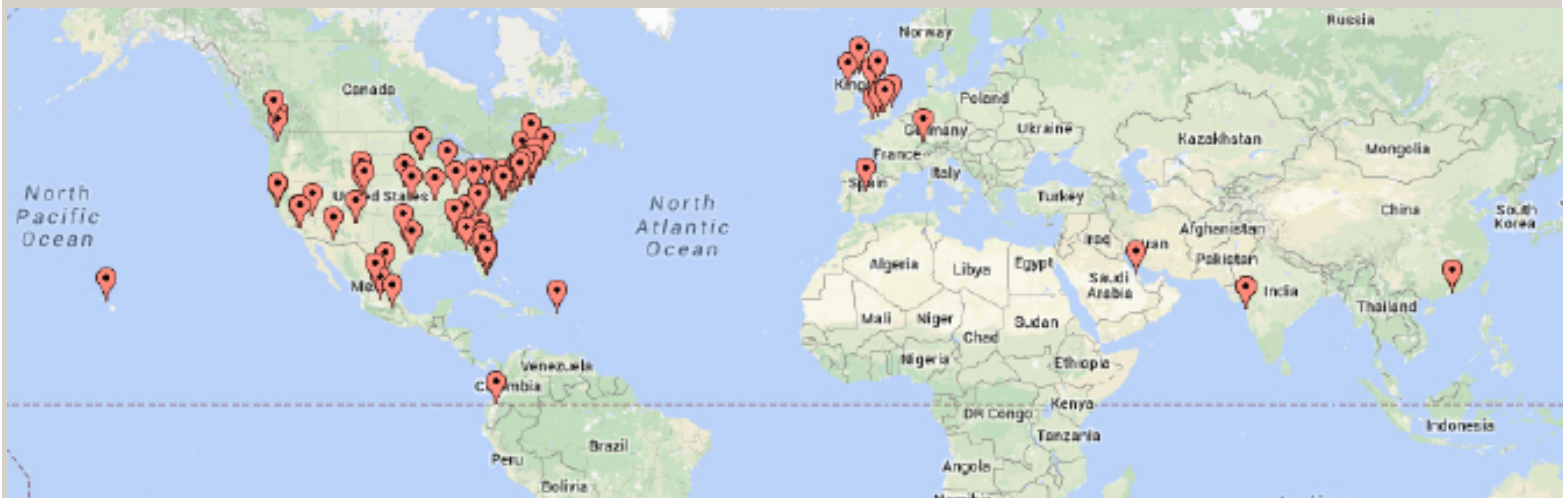
We looking forward to seeing you at the Academy!

Warmly, *Jana + Eric*



Eric & Liza with Everett

Where are 2014 Berky Girls From?



Each athlete attending the Academy is represented by a pin!

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BERKSHIRE

SOCCER ACADEMY FOR GIRLS

Open House: Saturday, June 21st 12:00pm - 2:00pm



RSVP

Online by June 16th

**Meet the Directors
Tour the Facility**

Please arrive between 12:00 and 1:00 PM. Light refreshments will be provided. Guests are encouraged to dress for the outdoors and wear appropriate footwear to walk the grounds. Tours will begin every 20 minutes from 12:20 to 1:20 PM. Unfortunately pets will not be able to join the tour.

What's "SUP" At The Waterfront?

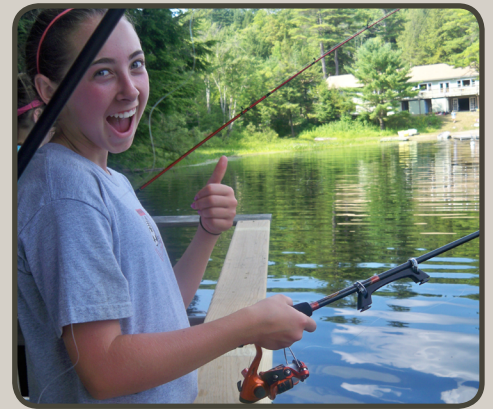
We are excited to announce some new toys for the "coolest" place at the Academy!



**Four new stand-up
paddleboards (SUPs)**



A new soft floating dock



A second fishing dock

**Get
The
Gear!**

**Purchase additional BSA
apparel online at the BSA Store!**
berkshiresocceracademy.com/about/bsa-store

*Your BSA Athlete Training Kit is included, and can be
picked up on Camper Arrival Day



First-Time Overnight Camp Confidence

10 TIPS TO PREVENT HOMESICKNESS



The Berkshire Soccer Academy is a player development program for girls, both on and off the field. So what better place for young girls to challenge themselves? Like many athletic goals, conquering homesickness at sleepaway camp requires proper preparation. So here are some tools to help your family make the most of your first overnight-camp experience.

- 1. Choose the Way** - A camper's voice in choosing and preparing to attend camp is a key element in reducing homesickness.
- 2. Practice** - Have a sleepover with a friend or family member. One-night sleepovers can help build confidence and momentum for a multi-night stay prior to camp.
- 3. Kick the Tires** - We don't actually have any tires to kick, but you can walk the grounds and tour the cabins! Attending our **Open House on June 21st** will help first-time campers or returners alleviate their anxiety. Seeing is believing for many kids, and we're happy to show campers the safe and comfortable environment they will experience while away from home.
- 4. Talk it Out** - Studies show that campers accurately predict their level of homesickness two months prior to the start of camp. Recognizing and discussing anticipated feelings of homesickness can help families formulate strategies and goals together.
- 5. Join the Club** - Sometimes it helps to recognize that everyone is in the same boat. Approximately **97%** of all campers experience some form of homesickness while at camp.
- 6. Meet the Coaches** - The majority of our soccer staff have completed online staff biographies with profile pictures. This is an easy way to "meet" some of our staff before coming to the Academy.
- 7. Calendar Count** - Visualizing the time that campers will be at camp can help minimize anxiety. Walk through the days on a calendar and you'll realize a session is shorter than Spring Break, and that goes by fast!
- 8. Make a Communication Plan** - Review the communication options available to your family in the Athlete Handbook. Make a plan and then stick to it!
- 9. Letter Together** - Writing a practice letter gives parents the opportunity to provide some of the words and phrases to help emotions like fear and anxiety be recognized and overcome.
- 10. Meet-up** - About 50% of our campers come to the Academy independently. Sometimes it can be helpful to meet another girl that will also be attending the same session. If your daughter would like to meet another camper please contact the BSA office.

USWNT Star Trivia

Directions: Match the facts about our USWNT Stars with their faces!

#1: Youngest player ever to represent the USWNT at age 15



#2: Had her jersey number retired from UNC Chapel Hill and has won Olympic Gold for the United States



#3: Has 352 Caps representing the US Women's National Team



#4: Is famous for doing backflips on the soccer field



#5: Played 4 years of basketball for her high school



Heather



Kristine



Tisha Hoch



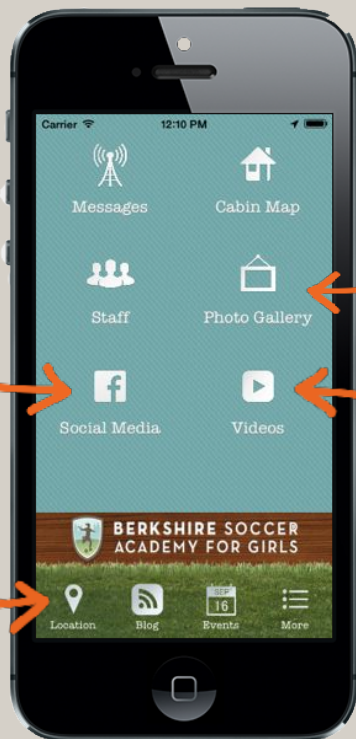
Mia Hamm



All Four!

Answers: (1) Mia Hamm, (2) All Four, (3) Kristine Lilly, (4) Tisha Hoch, (5) Heather O'Reilly

Download the Berky App



send us a #berkygram

special release photos

get directions to camp

watch the latest videos



#berkygram



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 #berkyreunion, #berkshiresocceracademy

