



THE BERKLY BLAST

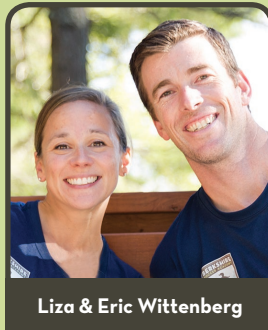
April 2016

The Berkshire Soccer Academy Newsletter

From the Directors

Dear BSA Families and Friends,

Summer is fast approaching, and the entire Berkshire Soccer Academy team is excited for camp to come alive and be transformed into a magical place where "Greatness is Contagious!"



Liza & Eric Wittenberg

We can't wait for each athlete to discover her greatness on and off the soccer field. Of course, getting a personal tip from Mia Hamm or Kristine Lilly is a brush with greatness, but so, too, is discovering and perfecting a new move with the help of a Master Coach, catching your first fish or making a new best friend from across the country or across the world.

Based on your feedback, we have made several enhancements to our program. Many campers requested more and different electives, so we are expanding some of our more popular electives by adding more instructors and equipment. We have added 3 Stand-Up Paddleboards, which means opportunities for every girl to try this fun activity. Another exciting addition will be a new GaGa pit located next to the Rec Deck. Older and younger campers now have separate groupings for activities like cooking, arts & crafts, yoga and theater. This will allow for more age appropriate fun.

Finally, for athletes who want to compete at a consistently high level, we are offering an "Invitational" session, open to girls who are currently playing in select regional leagues. More information is available at: berkshiresoccer.com/invitational.

We are counting down the days until camp begins and look forward to seeing everyone! As always, let us know if you have any questions, or just want to chat. 800-326-9219.

Warmly, *Liza + Eric*

REFER-A-FRIEND... Give an Assist to BSA!

Since we began in 2011, hundreds of families have referred their friends to us. Wouldn't it be great to give the wonderful BSA experience to other girls who share the same passion for soccer? Well, you can, and we've made it easy. When you refer a friend who enrolls in BSA, we'll send you a special gift basket as a token of our sincere thanks for supporting BSA and helping us grow our community.



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PREPARING TO PLAY HIGH SCHOOL SOCCER

As 8th graders near the end of middle school, approaching on the horizon is High School Soccer—an experience that can be both exciting and intimidating. The joy and pride of representing a school is accompanied by the challenges of playing with and

against older, bigger, faster and stronger girls. We love helping our rising 9th graders prepare to step up to this new challenge. Here's how we do it:

At BSA, rising 9th graders only train with girls who are the same age or older. This benefits them by:

- Improving their decision making time and speed of play
- Exposing them to experienced high school and college coaches
- Enabling them to train with and compete against experienced high school and club players
- Teaching them to take responsibility for their own skill development

The best way to get a jump on high school tryouts is to join us for a session at BSA this summer. After a week at BSA, athletes will feel confident and more skilled, and will be ready to tackle the challenges of high school soccer.



SOCCER WITHOUT BORDERS

Soccer Without Borders (“SWB”) is an organization dedicated to using soccer as a vehicle for positive change, providing underserved youth with the tools to overcome obstacles to growth, inclusion and personal success. With our shared mission of empowering young girls through soccer, the Berkshire Soccer Academy is proud to support SWB. This coming summer, BSA will provide two scholarships to SWB families. And, this spring, we are giving Berky families the opportunity to help raise money for SWB programs around the globe.



On April 30, 2016, BSA will host a nationwide *Juggle Challenge* entitled “Spring Into Action,” to raise funds for SWB. Berky campers, friends and family are invited to sign up and set a goal for consecutive juggles and seek sponsors to support your effort. Each participant can create her own campaign or join together with friends and family and do a “team challenge.” One of our visiting pros, Yael Averbuch (a former UNC soccer star and Women’s National Team member), will be participating as a “guest juggler.” Support and follow Yael’s campaign here: <https://pledgeit.org/berkysoccer>. All details and registration information can be found on our web site: <https://pledgeit.org/for/berkshire-soccer-academy>.

BSA ALUMNAE CAMPERS: “Where are they now?”

Many of our former campers continue to play soccer at a high level, in high school and beyond. Recently, we caught up with two alumnae to see how their soccer has progressed.



Ellie Laxer- 2014 BSA Alumna – A junior at Berkeley Prep High School in Tampa, Florida, Ellie was named All-American during this past fall season. Ellie’s club team, Tampa Bay United ’98, won the Florida State Championship; Ellie also played with Tampa Bay United ’97 and won the USYSA National Championship. Ellie enjoys running into other BSA alumnae: “At a tournament this past weekend, we met up with Cat, a friend from Berky who I met two summers ago and I’ve kept in touch with.”



Jess Kennett- 2011 & 2012 BSA Alumna – Jess was one of our first Berky campers in 2011. When BSA was just a “concept,” Jess and her family consulted with us and provided valuable input on our program. Now a senior at Byram Hills High School in Armonk, New York, Jess was a 4-year Varsity player. She earned All-League honors all 4 years; she was named 2015 League MVP and was twice selected to the All-State team. Jess also plays club soccer with CFC’s ECNL U18 team and ODP with the ENY team, which made it to the National finals in 2015. Jess will attend the University of Delaware (D-1) on a soccer scholarship. She is interested in studying to become an athletic trainer or physical therapist.

Private Training at the Academy

At BSA, our soccer training takes place in an inspirational, positive setting which allows athletes to train as “whole players” and create individual relationships with their coaches. Each player receives personal instruction and feedback. In addition, many BSA athletes choose to supplement this group training with specialized one-on-one training.

Here are four reasons why:

- **IT ACCELERATES IMPROVEMENT.** Athletes who receive private training can experience genuine improvement during a single private training session.
- **IT BUILDS CONFIDENCE.** Private training provides more touches and repetitions than team training. Repetition promotes competence, which increases comfort and leads to confidence!
- **IT IS PERSONALIZED.** Private training is tailored to the athlete’s specific needs. It gives athletes immediate, detailed and direct feedback in an area of focus.
- **IT’S FUN.** Some of our athletes can’t get enough soccer. The extra training allows these athletes to do more of what they love during some of their elective periods.

We are offering even more opportunities for private training during summer 2016. Please email or call us for more information and to register.

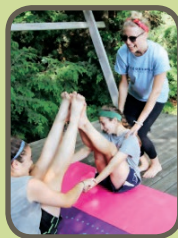


BACK AT BSA: Returning Staff for 2016

Many of our staff members return to BSA summer after summer because they are passionate about our mission and love helping girls become their best selves, on the soccer field, at the waterfront, on the yoga mat, in the dining hall and everywhere else on campus. This summer, 23 of our staff members will return; 13 for the 3rd or 4th summer.

Here’s what a few of these key staffers had to say about their experiences at BSA:

KQ - Yoga Instructor, Residential Life Leader: *“I keep coming back to camp because it offers me the opportunity to work hard doing what I sincerely enjoy in a beautiful setting with dedicated staff and silly, crazy and fun kids.”*



CMack - Master Soccer Coach: *“I keep coming back because of the positive impact I have on the kids and they have on me. I always come away learning something new about the game of soccer and about how to be a better coach with my own players at home.”*



Taylor - Mental Skills Instructor, Residential Life Leader: *“Berkshire is a place where you can really be yourself. Not only does the culture allow us as staff members to be the best version of ourselves, but also, the way things are, we can help the kids be their best selves too.”*



Here are staff members who have committed, as of this writing, to return for 2016:

STAFF RETURNING FOR 4TH SUMMER:

Liz Hopley, Program Director, **Jeff Katz**, Master Coach, **Caryn MacKenzie**, Master Coach, **Becca Madison**, Program Director, **Darlene Murphy**, Head Chef and **Katelyn Qualey**, Yoga Instructor & Leadership Team

STAFF RETURNING FOR 3RD SUMMER:

Katie Crump, Head Coach, **Laura Greb**, Head Coach, **Ashley Maxwell**, Head Coach, **Sean McMannis**, Master Coach, **Lyndsey Oppenheimer**, Assistant Coach & Resident Life, **Terryn Soelberg**, Master Coach, **Torree Soelberg**, Master Coach and **Molly Tonge**, Office Coordinator & Bookkeeper

STAFF RETURNING FOR 2ND SUMMER:

Johana Celis, Housekeeper, **Nicole Fowler**, Head Coach & Resident Life, **Ruth Hsu**, Photographer, **Taylor McCavanagh**, Mental Skills Coach & Resident Life, **Allie Rooney**, Head Coach, **Jackie Vaccari**, Head Coach, **Sara Vega**, Housekeeper, **Noel Whalen**, Assistant Chef and **Raquel Zuazua**, Yoga Instructor & Cabin Counselor



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REMEMBER TO REVIEW IMPORTANT FORMS & GUIDES

There are required and optional forms as well as valuable guides for ensuring each athlete's time at the Academy is the best part of her year. [Login to your account](#) on our website to access the **"Forms and Documents Dashboard."** Important documents to review include:



- **Athlete Handbook:** Your comprehensive guide to preparing for the Academy.
- **Away From Home Guide:** This invaluable guide discusses the challenges of being away from home for the first time and provides helpful information and strategies to help your family reduce the effects of homesickness.
- **Required Medical Forms:** Physician's examination, Immunizations & Health History are all due two weeks before each session begins.
- **Cabin Request Form:** When two friends or teammates request each other, we guarantee they will be placed in the same cabin.

For assistance navigating your forms, watch a tutorial video on our blog. Please be in touch this spring if you have any questions about preparing for the Academy.

Stay Connected



@berkysoccer



@berkshiresocceracademy

