



# THE BERKLY BLAST

May 2016

*The Berkshire Soccer Academy Newsletter*

## BERKY BRIDGE SESSIONS EXTEND THE FUN!

BSA Athletes have the opportunity to add a two-day Bridge Program to extend their experience at the Academy or to connect multiple camp sessions.

### Bridge A (July 1 & 2) - Highlights Include:



- Zoar White Water Rafting Trip
- Creative & Culinary Arts Electives
- Chillout at the Waterfront
- Recess Under the Lights: Battleball

### Bridge B (July 8 & 9) - Highlights Include:

- Jiminy Peak Adventure Park
- Salon BSA
- Battleball Tournament
- USWNT Movie Night



### Bridge C (July 15 & 16) - Highlights Include:



- Lake Compounce - Adventure & Water Park
- "Colors Run" (Tie Dye & Color Run)
- Turkey Road Hike
- Battle Under the Lights

### Bridge D (July 22 & 23) - Highlights Include:

- Berkshire East Zip Line Tours
- Recess Remixed
- Waterfront or Canvas Painting Electives
- Game night



### Bridge E (July 29 & 30) - Highlights Include:



- Crab Apple White Water Rafting
- Top Chef - Camp Edition
- Battleball Olympics
- SAP! Under the Lights

## Soccer Without Borders Juggle Challenge Update

### *Berky Backyard Jugglers Raise Over \$3K for SWB*



Thanks to everyone who participated in last month's "juggling challenge" to support this important organization, which empowers youth to realize their potential through soccer. Everyone should be proud of our efforts! Here is one letter from a camper who described her experience:

Dear Coach Liz,

I love that Berkshire Soccer Academy gave me the opportunity to participate in something that is so close to my heart. I have even applied to be a Soccer Without Borders ambassador. I can't wait to come back to camp this summer. My whole club is coming in August. I hope you will be there too. Thank you again for your support.

Your Player, Emma Hynes

Both staff and campers participated and we ended up raising \$3,050 for SWB's Nicaragua (all girls) program. The 4 campers with the most pledges were: **Kaylin Johnston** (NJ) - 9 Pledges, **Emma Hynes** (MA) - 8 Pledges, **Sanam Milani** (VA) - 7 Pledges and **Maya Dudek** (PA) - 5 Pledges.



## INSIDE THIS ISSUE

- BSA Visiting Pros Update - Summer 2016
- Parent & Camper Spotlights
- Ga-Ga Comes to Camp

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

The response to our Refer-A-Friend announcement in last month's newsletter and on our website has been terrific. Thank you to everyone who has shared our program with friends and teammates - we are so appreciative! The Academy exists, in large part, because of the consistent recommendations offered by our current families. Over 100 veteran and first-time campers have invited new campers to join the Academy this summer! Remember, those who refer-a-friend will receive a special gift basket on arrival day.



## BSA PARENT SPOTLIGHT: Ralph Ranalli - The Beautiful Project

Ralph Ranalli's daughter, Lilly, will be returning this year for her 2nd summer. Ralph is a journalist and videographer, as well as a seasoned girls soccer coach and past President of the Newton Girls Soccer Club, one of the largest girls soccer programs in New England. Ralph conceived and produced *The Beautiful Project*, a DVD aimed at educating parent coaches on the best ways to coach girls by focusing on their unique needs as distinct from those of boys. The video chapters include helpful demonstrations of female-specific soccer warm-ups and exercises designed to enhance the training experience for girls and to help avoid problems like injuries and burnout.



The Boston Breakers co-sponsored the Beautiful Project. Coaching expertise and support was provided by Boston Breakers Academy Director, Tom Durkin, also a Berky parent. The video, which has the backing of the US Soccer Federation and the National Women's Soccer League, sets the standard for girls-specific coaching.

Read the full interview with Ralph Ranalli on the [Berky Blog](#). **The Beautiful Project** is available for purchase by digital download or DVD.

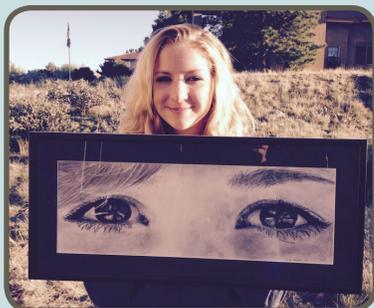
BSA families can use promo code **"BerkySoccer2016"** for 20% off through June 15.



THE BEAUTIFUL PROJECT

## GAMPER SPOTLIGHT: THE LONG RUN AT BERKY Returning to BSA for their 5th Summer

We are fortunate to welcome a very special group of veteran campers for their 5th summer at the Academy. They include Fiona Fennessy, Maggie Joseph, Ellie Humphreys and Eliza Mariner, who is spotlighted below.



**Eliza Mariner- 2012–2016:** Eliza is an excellent soccer player and, most importantly, is a great role model on and off the field. She loves soccer but is equally serious about studies and fun! Eliza loves art, hiking and backpacking.

Eliza has a nose for the goal and loves challenging herself in training sessions. Her hard work has paid off. She scored 27 goals in her freshman year playing for Albuquerque (New Mexico) Academy girl's varsity soccer team. In fact, you can see most of Eliza's goals in the [YouTube Video](#) that Eliza edited herself.



# 2016 BSA VISITING PROS UPDATE:

## Visiting Pros Announced for Sessions II, III & VI

### KRISTINE LILLY

**Session II (July 3 – July 7th)**

Kristine Lilly was inducted into the U.S. Soccer Hall of Fame in February 2014. She was a three-time U.S. Soccer Player of the Year (1993, 2005, 2006), a member of two FIFA Women's World Cup champions and two gold and one silver medal winning Olympic teams. She appeared in 352 international games, the most ever, and captained the U.S. National Team from 2005–2007.

"Kristine Lilly put in My Head that if I work hard enough I can Do Anything"



### TeamFirst

Visiting Pros Session III



[www.BerkshireSoccer.com/TeamFirst/](http://www.BerkshireSoccer.com/TeamFirst/)

### TEAM FIRST

**Session III (July 10 – July 14)**

The Berkshire Soccer Academy and TeamFirst Soccer Academy are teaming up for the third consecutive summer to deliver a world-class training experience in BSA's beautiful summer camp community. Women's soccer legends **Mia Hamm, Kristine Lilly, and Tisha Venturini Hoch**, and **University of Texas Head Coach, Ange Kelly** will lead all training during Session III, which has been extended from 4 to 5 days to give the pros more time with athletes both on and off the field.

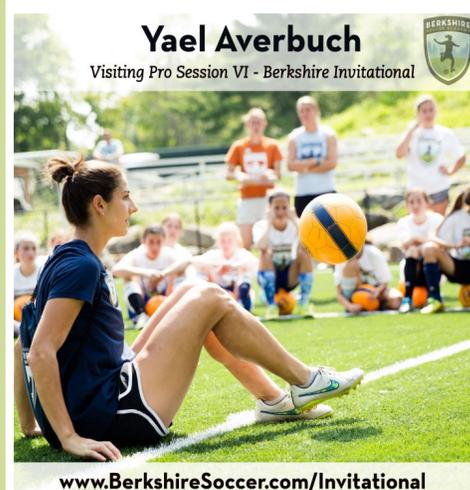
"Mia Hamm knows my name, it's the Greatest thing"

### Yael Averbuch

**Session VI (July 31 – Aug. 4th) Berkshire Invitational**

Yael Averbuch will return to BSA as the Visiting Pro for the opening day of Session VI, our Invitational session. Yael is a former USWNT midfielder and currently plays for FC Kansas City, the reigning Champions of the National Women's Soccer League. Yael also writes a soccer blog for the New York Times and has developed dozens of immensely popular YouTube training videos demonstrating skill challenges for players to "own their own development."

"She taught Me how and train like a Pro and Love the journey"





2242 Village Center Drive  
Encinitas, CA 92024

## GA-GA IS THE NEW DODGEBALL!

Welcome to BSA's newest fun and high-energy activity: Ga-Ga! Ga-Ga (literally meaning "touch-touch" in Hebrew) is played in an enclosed area called a "ga-ga pit" and combines dodging, striking, running and jumping. Played with a soft, foam ball, the game involves hitting the ball at others using hands or feet, while avoiding being hit. The object is to be the final girl eliminated. The gaga court will also be used for a variety of exciting new games as part of the soccer elective.



## Stay Connected



@berkysoccer



@berkshiresocceracademy

