



2024 Camp Curriculum

Quick Facts:



01

**CAMPS HOSTED IN: CAIRO, WINDHAM,
SAUGERTIES**

**FUNDRAISING PARTNER WITH CAIRO-
DURHAM PTA AND CAHILL ELEM PTA**

02

03

**EXCLUSIVE CAMP PROVIDER FOR
HUDSON VALLEY PREMIER SOCCER**

**CAMP DIRECTOR HOLDS USSF "D"
LICENSE AND ALL COACHES BOAST
COLLEGE PLAYING EXPERIENCE**

04

Camp Development:



01

Technical

Each day of camp has a theme, dribbling, shooting, passing, team play. This will bring a direct focus to the technique behind these skills and getting repetitions to challenge these skills. Campers will also be given the tools to take these drills home and practice on their own.

02

Tactical

Campers will be given many opportunities to scrimmage and put their skills to the test in live gameplay. With guidance from the coach, each camper's "soccer knowledge" and decision making on the field will be enhanced.

03

Cognitive

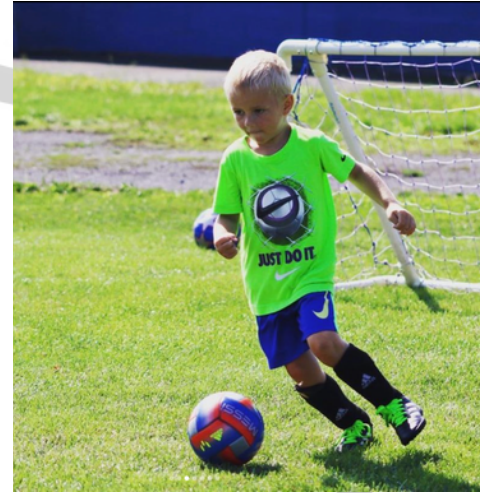
Each day of camp is embodied by a value, such as respect or teamwork. Campers are encouraged to live out these traits throughout the day and apply them in their everyday lives. Players will also be challenged to work with new people and develop their social skills.

***More to come on our online training platform that will be available to all campers!**

More can be found on our website at hudsonvalleycrusaders.com/summercamps

About Us:

Hudson Valley Crusaders are a Pro-Am Women's program in the United Women's Soccer league [UWS] fielding teams in the UWS League One & League Two divisions. The UWS feeds players directly to the National Women's Soccer league {NWSL} with 5 out of the first 8 picks in the 2023 NWSL draft coming from UWS teams such as the Crusaders. Over 20 [Crusader Level] players recently competed in the 2023 Women's World Cup. We are focused on providing opportunities for players ranging in age from as young as 4 to college level players and beyond in the Hudson Valley Region.



Our Mission:

Foster a love for the beautiful game by allowing athletes to grow in a positive & safe environment. Create a passion that lasts and drives our Campers to continue to develop and pursue their passion for soccer. We seek to instill self determination and work ethic as well as strong team dynamics that creates leaders.

Our Methods:

Crusader Coaches work diligently not only foster a team dynamic but to individually challenge campers to achieve maximum player development. Each camper's progress is tracked and the level of training is balanced to the campers individual needs.

We are able to achieve both a team and individual dynamic due to the Coach to Player ratio we provide at each of our camps.



Exclusive Crusader Camp Benefits:



01

Walk Out

Players age 4-12 have the opportunity to walkout with our United Women's Soccer League One and Two teams

Free Admission

Every camper and their family receive free admission to Crusader home games and events!

02

03

High School Prep

High School Prep Campers have the opportunity to earn training time with our Pro-Am teams.

Merch Discount

Each Camper receive a 10% discount at the Crusaders online store.

04

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