

2017 Application Form
Freeport United Preseason Soccer Camp

Monday August 7th through Thursday August 11th

8:30AM – 11:30AM All Ages
11:30AM - 2:00PM Optional finishing school for
ages 11-14 years

Mail to: Run in a Race
PO Box 144
Freeport, ME 04032

or, you can register online at <http://runinarace.com>

Players must already be registered with Freeport
United for the fall season to participate in camp. To
register for FUSC go to;
[http://www.freeportunitedsoccerclub.com/
registration.htm](http://www.freeportunitedsoccerclub.com/registration.htm)

Cost is \$55.00 for morning camp only (\$60.00 after
July 28th)
Finishing school Additional \$30
Make checks payable to: Run in a Race

Name: _____
Address: _____
Contact phone: _____
Email: _____
School: _____
Sex: M F
Age as of camp: _____
Grade next year: _____
Years of soccer: _____

Emergency information
Whom to contact in case of an emergency:

Cell phone: _____
Allergies: _____
Any medical information that should be known to
director: _____

IMPORTANT:
Parent or guardian signature:

Freeport United Preseason Soccer Camp

August 7 - August 11

Director Joe Heathco

Boys' Soccer Coach
Freeport High School

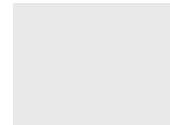
207-841-2589 (cell)
joe.heathco@gmail.com

Assistant Director Elayna
Girardin

Girls' Soccer Coach
Freeport High School

Celebrating soccer excellence

**FREEPORT
UNITED
PRESEASON
SOCCER CAMP**
since 2011





FREEPORT UNITED PRESEASON SOCCER CAMP

Coach Joe Heathco has been the Freeport High School Boys' Soccer coach since 1998. He has amassed more than 100 wins at Freeport and in 2006 was named Class B Coach of the year by the Maine Soccer Coaches Association and was The Forecaster newspaper coach of the year that same year.

The Falcons have made the playoffs in 17 of 19 seasons under Coach Heathco and have reached the Western Maine finals three times, the last time in 2008, losing in overtime in two of those games. Freeport has won the McDougall Cup seven times and the Dragon Shootout Sportsmanship Award in 2010 and 2015.

Coach Heathco has also coached premier soccer with the former Maine Metro Football Club (2008-2010) and with Seacoast United Soccer Club (2010-present) where he assisted with the state champion U-15 and U17 girls' soccer teams in 2011 and 2013.

An educator for over 20 years, Joe has been teaching Mathematics at Freeport High School since 1997. He played basketball and baseball at Bates College and has coached baseball, basketball and soccer at levels from elementary school through college in his career. Coach Heathco holds a USSF D soccer coaching license and an NFHS coaching license and is certified in first aid and CPR.

Daily Schedule

Time	Activity
8:30 - 9:00	juggling, warm-up activities
9:00 - 9:30	dribbling activities/drills/games
9:30 - 9:40	water and snack break
9:40 - 10:10	technical work into small-sided games
10:10 - 10:25	snack break/Water break
10:25 - 10:55	small-sided games with focus of tactical awareness
10:55 - 11:00	water break
11:00 - 11:25	small-sided games/free play
11:25 - 11:30	pick up - dismiss morning campers
11:30 - 11:45	snack break/Water break
11:45 - 12:30	technical training
12:30-1:00	small-sided games with technical focus
1:00 -2:00	small-sided games/srimage

Camp coaching staff consists primarily of present and former FHS players and coaches.

Any questions, please contact Coach Heathco on his cell phone 207-841-2589 or by e-mail at joe.heathco@gmail.com

Camp Objective:
Soccer camp is designed to develop individual technical ability as well as tactical awareness of the game. Each player receives special attention and instruction. Our philosophy is to teach soccer in a fun environment while having our campers learn the values of hard work and good sportsmanship.

