



NEED A SENIOR PROJECT?

ENJOY PLAYING SOCCER, WANT A SOCCER COACHING EXPERIENCE, AND WANT TO GIVE BACK TO YOUR COMMUNITY?

Volunteer as a camp instructor for F.C. West's Soccer Camp.

Camp starts the last full week of January and runs through February every Tuesday and Thursday.

For your volunteer support FC West covers mentorship and pictures for your senior project.

Lisa Harings – F.C. West U6-7 Commissioner

F.C. West U6 & U8 Soccer Coach

F.C. West Camp Director

lisaharings@hotmail.com

503-318-7850

Camp Director will mentor you in Running Soccer Stations.

Total of 25 hours of volunteer time is accrued. More hours available if you volunteer for both camps.

DEADLINE to contact Lisa Harings is December 31, 2011.

First Meeting to be held Thursday January 6, 2012 @12:50 p.m. Meet at the Athletic Office.

When you email Lisa Harings you need to include your name, phone number, email address and what camp you would like to help coach. Please Note: if positions fill for one camp you will be placed in the other camp.

First Meeting Agenda

1. Introductions
2. Project Details
 - a. Creating and running your stations.
 - i. Speed Training, Defense, Ball handling Skills, Warm-ups.
 - ii. Age relevant drills – Research Needed.
 - iii. Discuss what is needed to complete Senior Project.
3. Commitment
 - a. Camp starts Tuesday January 24, 2012. Camp Ends February 23, 2012.

- b. Camp Hours
 - i. Option – volunteer for U6-U9 Camp 5:20-6:30pm
 - ii. Option – volunteer for U10-U14 Camp 6:30 – 8:00pm
 - iii. Option – volunteer for both camps.
 - c. Sign up for the dates you want to volunteer; I need to be contacted if you cannot make your date to volunteer.
4. Future Meeting
- a. Thursday January 20, 2012 @ 12:50 p.m. Meet in Athletic Office.
 - b. Bring Completed Station Paperwork.
5. Opens/Ideas

Contact:

Lisa Harings
503-318-7850
lisaharings@hotmail.com