

SPRING 2010 BREAK

Howard Youth Sports Academy



Soccer, Baseball/T-Ball, Softball, Lacrosse, Flag Football
Basketball, Tennis, Volleyball, Cheerleading, Track & Field



BOYS & GIRLS
AGES 3 1/2-15

Soccer/Softball/Basketball/Cheerleading/Volleyball/Plano
Texas -West Plano -Horseshoe Park /Hughston Elementary
School (off I-75 and West Spring Creek Parkway and Round
Rock Trail near St. Elizabeth Ann Seaton Catholic Church)

Track and Field/Lacrosse/Flag Football/Tennis/T-Ball/
Baseball-West Plano-Wilson Intermediate School (I-75 or
George Bush Turnpike Off Custer Road and Glencliff Drive)

March 15-19 (Mon-Fri)

*9am-12pm Half Day

*9am-4pm Full Day (12-1 Lunch)

*5:30pm-8:30pm Evening

(Drop Off and Pick Up Care can be provided)



For More Info-Call:

(214) 397-6920 soccerhowgk31@live.com
<http://howardsportsenterprises.webs.com/>
TONY HOWARD - DIRECTOR

MEET THE STAFF.....



HYSA PROGRAM DIRECTOR TONY HOWARD

"Tony Howard is a man about the nation". Spanning the globe, Tony has been directing & coaching Youth Sports for 23 years in Washington DC, Florida, Oregon, California & Texas. He has coached and played at the professional, collegiate, top youth club and high school levels. Coach Howard has coached at all levels and with all genders. Throughout his career he has coached numerous men's and women's and boy's and girl's teams on to district titles, regional titles conference titles and state and national championships in various sports. In his youth, high school and collegiate years Tony played youth club soccer, basketball, lacrosse, football, baseball, hockey and track and field and won a USYSA Soccer National Championship in 1983. He was a Four Year Letterman in high school in three sports soccer, football and track & field and a four year letterman in college in soccer, 2 years in track & field and volleyball. Tony currently works with several of The Top Youth Soccer Programs throughout North Texas developing, training and preparing players for the collegiate ranks. Tony was previously an Assistant Women's Soccer Coach at the University of Miami, FL. (NCAA 1). Tony was also the Head Women's Soccer Coach at Stephen F. Austin State University (NCAA 1) Texas and is a former Assistant Coach for both the Men's and Women's Soccer Teams at The University of San Francisco CA, (NCAA 1). He also was the Head Women's Soccer Coach of Concordia University in Portland Oregon, where he guided the team toward winning two consecutive Cascade Conference Championships in 1995-96 ranked #11 Nationally and also coached the Men's and Women's Teams of Miami Christian College of Miami Florida, leading the Men's team to three Florida Christian College Championships and guided the Men's team to three consecutive NCCAA National Tournaments. Tony enjoyed a successful college career minding the net as a goalkeeper for St. Thomas University of Miami Florida (NCAA 2). He later fulfilled his dream playing professionally for several teams throughout the USA.. Tony also coached professionally with the Miami Freedom and Head Coached the NorCal Shockwaves Women's Professional Team of the WPSL. He holds a USSF B license from the USSF and a National Advanced Diploma from the NSCAA and is highly recognized by the United States Youth Soccer Association..

"Having coached both men's and women's and boy's and girl's Sports at all levels (club, high school, college and professional) I have enjoyed tremendous success in developing quality players through instilling the proper techniques, fundamentals, disciplines and tactical schemes of play (while incorporating FUN) that are vital to the sports today.

ADDITIONAL STAFF...

Top High School Players throughout the State of Texas, Top Collegiate Players From the State of Texas and Nationally & Former Professional Players in their chosen sports. All Coaches are Criminal Background Checked (which clears them to work directly with children) And All have DYNAMIC, ENERGETIC and FUN PERSONALITIES.....

HYSA CAMPS

What to Bring?

*Comfortable Clothes (T-shirt, shorts, socks) and various equipment

For the various sports and activities.

*Soccer shoes (preferably cleated, court or turf shoes will do)

*Waterbottle and Lunch (if all day camper)

Typical Day of Camp: 9am-10pm and 1pm-2pm Individual Skills

10am-11am and 2pm-3pm Group Work

11am-12pm and 3pm-4pm Team Games

(Rainy Days-Covered Area Small sided Work, Instructional Videos,)

*Campers will be grouped according to age and gender

*Except-3 1/2-6 year olds will work in Co-ed Groups

***Campers Receive:**

*Excellent-Top Notch Instruction from Certified Coaches

*Free Sports Camp T-Shirt, Water Bottle, Sports Sack Bag &/Free Insurance Provided

*Camper Evaluations

* Free End of Camp Pizza Party and Prizes

***Drop Off and Pick Up:**

Is an extra \$ service provided for those parents who

Need to drop off their children early before the start

Of camp or for those who need to pick-up their

Children later after camp. (For the convenience of the

working moms & dads)-Drop off is available at 7am

and Pick Up is available for as late as 6pm

{Prices Are Listed on Application sheet}



-----cut along dotted line and send-----

Camper Application

Camper's Name: _____ Phone (H): _____
 Mothers Name _____ Work# or Cell# _____
 Fathers Name _____ Work # or Cell# _____
 Address: _____ City: _____ St: _____ Zip: _____
 Camper's Age: _____ Birthdate: ___/___/___ Male/Female: _____
 Grade in School: _____ T-Shirt Size: _____ (Youth S, M, L, XL) (Adult S, M, L, XL)
 Skill Level: [] Beginner [] School Team [] Select Team YRS Experience _____
 Positions Played _____

Sports Camp Wanting to Attend: _____
 OR Combo Camps (Pick two at same location) _____

Camp Cost: Half Day (9-12 or 1pm-4pm) \$75 Full Day (9am-4pm) \$115

Family Discounts for 2 or more campers (Call for Discount Rates)
Team Discounts for 6 or more players (Call for Discount Prices)

- a) **March 15-19 EARLY BIRD- (Half Day \$65)_____ (Full Day \$100)_____**
Early Sign up Before March 1, 2010
- b) March 15-19 (Half Day \$75_____ (Full Day \$115)
- c) Drop off & Pick up (\$25)_____ Drop off only(\$15)_____ Pick up only(\$15)_____

Camp Fee Total (A or B+C) = _____ (Cash/Check/Money Order)

Allergies/Medications _____

Doctor _____ Phone Number _____

I, _____ hereby authorize the Howard Youth Sports Academy (HYSA) to act for me according to their best judgment for _____

In any emergency requiring medical attention and hereby waive and release the Howard Youth Sports Academy (HYSA) (Director Tony Howard & his staff) from liability to the camp for injury or illness incurred while a the camps or traveling to and from. I verify that the above named applicants physically able to participate in the activities of the camp. I waive and forever discharge the Howard Youth Sports Academy (HYSA) from any and all rights and claims Or damages from persons or property while at the camp.

 Parent or Guardian

 Date

MAKE CHECKS PAYABLE TO: Howard Sports Enterprises

Mail to : Howard Sports Enterprises (HYSA)

2204 West Park Blvd #3001- Plano, Texas 75075

***Early Bird Sign-Up Special (Jan 12-March 1) ***
***\$15 off \$115 Full Day Camp Sign up**
***\$10 off \$75 For Half Day Camp Sign Up**

Lacrosse Camp (boys and girls ages 7-15)



The camp will focus on lacrosse fundamentals including passing, cradling, shooting and defensive maneuvers. Bring your lacrosse sticks and wear lacrosse gloves. Some equipment will be available to borrow. Our goal is to provide a well-rounded program for girls and boys emphasizing on learning, practicing, and improving all aspects of a player's game. Players are trained individually and in small groups to develop the essential skills of lacrosse such as ball handling, positional responsibility and technical movement. Small sided games and situational drills enable team awareness skills And techniques greatly! (wear appropriate gloves and helmets and bring your stick)

Softball Camp (girl's ages 7-15)



This camp will be coached by collegiate and high school players. All aspects of the game will be addressed and we will focus on techniques of hitting, fielding, catching, throwing, including fielding, base running, and hitting every day to get ready for the softball season. Designed to cover all aspects of hitting and will receive instruction in fundamental hitting drills and techniques. All campers will receive multiple repetitions, drill work, and batting practice, with situational play and min games at the end of each session. (bring your glove and your bat if you like)

T/Ball-Baseball Camp



T-Ball (boy's and girl's ages 3 1/2-6)

We will focus on the introductory functions and motor skills of using and utilizing hand eye coordination for fielding, catching, throwing, moving to balls and hitting. We will break into groups and work on skills and fundamentals and small group work and mini game play at the end of every session. (bring your glove if you have one)

Baseball Camps (boy's ages 7-15)

This camp will be coached by collegiate and high school players. All aspects of the game will be addressed and we will focus on techniques of hitting, fielding, catching, throwing, including fielding, base running, and hitting every day to get ready for the baseball season. Designed to cover all aspects of baseball hitting and will receive instruction in fundamental hitting drills and techniques. All campers will receive multiple repetitions, drill work, and batting practice, with situational play and min games at the end of each session. (bring your glove and bat if you like)

Volleyball Camps (boy's and girls ages 6-15)



Campers will be divided into age appropriate groups and it is our goal is to provide a well-rounded program emphasizing learning, practicing, and improving all aspects of a player's game. Players are trained individually to develop passing, serving, hitting, setting, digging and blocking while learning team responsibilities. Small sided games and situational drills enable team awareness skills to be strengthened and developed. Will be divided into group according to skill level and will be taught the fundamental skills in small group focus with end of session match play daily. (wear your elbow bags and or knee pads if you have them-camp will be conducted on the grass).

Soccer Camp (boy's and girls all ages)



The camp will go over the fundamentals of soccer from dribbling, passing, trapping (settling the ball) and shooting as well as ball control. optimal balance of fun, challenge and skill development. Campers will focus on skills circuits, small group work and end of session daily small sided games to work on all things learned from the day. Goal Keepers training will be conducted-focusing on low and high balls, collapsing, diving, angle play, dealing with crosses, marshalling the box, breakaways, punting, goal kicks and throwing distribution-need to wear long pants or padded shorts for their camp if possible. For the Advanced players -The coaches will transfer the players technical proficiencies and apply them to tactical situations through carefully constructed phases of play. These game realistic scenarios will cover the importance of space awareness, responsibilities with and without the ball, principles of defending and attacking, speed of transition, and systems of play. (shinguards are mandatory and turf or cleated shoes suggested)

Tennis (boy's and girl's 5-15)



Campers will focus on getting to know the racket, tennis ball and hitting techniques, serving and return service and fundamentals. We will all focus on hands-on visual tennis safety and approaches on proper body position of feet, knees, arms, neck, and head to solidify best body positioning on a tennis court. We will also address the of tennis with advanced methods and techniques for the older age group campers, body balance, court awareness, serving, forehand, backhand, first step directional movements, tennis fitness and sport-smanship. bring your racket if you have one)

Track Camp boy's and girl's all ages)



The Camps goal is number one, to have Fun in a safe environment. We work with athletes of all abilities and hope to instill a passion for running and preparing ourselves to participate in the track program with emphasis on proper stretching, warm-up and flexibility. We will cover all sprinting and shorter running events, long jumps, triple jumps, relays and hurdles. The program is also for athletes who want to increase their speed, endurance, strength and agility. Our program is for beginners to advanced athletes. You may want to utilize this program to accent another sport like basketball, soccer, football or any other sport. (wear or bring appropriate tennis shoes or sneakers or track spikes we will be running on a real track)

Cheerleading Camp (boys and girls all ages)



Spend a fun-filled week and learn how to perform cheers, chants, and dances. camp just for you! We take great pride in teaching kids what we love to do- Campers will be separated into groups and taught dances, cheers, tumbling, and stunts at an age-appropriate level. We will have the opportunity to work on pyramids and various team positional schemes as well. Everything will be taught in a unique, fun, and effective way to have you on your way to becoming the best cheerleader possible! (This camp will be conducted on mats and grass outdoors wear appropriate tennis shoes or sneakers).

Flag Football Camp (boy's and girl's ages 6-15)



This camp will be geared for kids of all ages-We will divide into age appropriate groups and focus on throwing, catching, position play, fitness for football and offensive and defensive structures to prepare children for the fun aspects of football. (wear appropriate turf or cleated shoes)

Basketball Camp (boy's and girl's all ages)



The Camp will focus on fundamentals of the game, including dribbling, shooting, and various passing modes (baseball thrown bounce pass, chest pass etc..). Various concepts of team play will be taught through drills and games. We will divide into age appropriate groups and work on skills and techniques, situational group play offensive defense schemes and end of session min game play. For the campers age 3 1/2-5 we will be using tiny hoops and balls , ages 6-8 will be using shorter reach hoops and medium size balls and ages 9-15 regulation hoops and women's and men's official sized balls. (wear appropriate tennis shoes or sneakers).

SPORTS COMBO (Pick two sports to attend for the week at same location) this Exciting Camp gives you the opportunity to attend two days of your choosing in one sport and three days in the other sport of your choosing (example you choose soccer for two days and volleyball for three days). This gives your child the opportunity to learn skills, techniques and fundamentals within two sports.



**Be Sure To Be On The Lookout For
Announcements Concerning Our Summer
2010 Sports Camps:**

- *Soccer (June 7-11, 21-25, July 5-9,
July 19-23, August 2-6
- *Baseball/T-Ball (June 7-11, 21-25,
July 5-9, 19-23, August 2-6
- *Softball (June 14-18, June 28-July 2,
July 12-16, 26-30, August 9-13
- *Flag Football (June 14-18, June 28-July 2,
July 12-16, 26-30, August 9-13
- *Basketball (June 7-11, 21-25, July 5-9
July 19-23, August 2-6
- *Volleyball (June 7-11, 21-25, July 5-9
July 19-23, August 2-6
- *Lacrosse (June 14-18, June 28-July 2,
July 12-16, 26-30, August 9-13
- *Street Hockey (June 14-18, June 28-July 2
July 12-16, 26-30, August 2-6
- *Tennis (June 14-18, June 28-July 2,
July 12-16, 26-30, August 9-13
- *Track and Field (June 14-18, June 28-July 2
July 12-16, 26-30, August 9-13
- *Cheerleading (June 7-11, 21-25, July 5-9
July 19-23, August 2-6
- *Combo Sports All 10 Dates

We also specialize in High School & College Preparatory Summer **Soccer Training-HSE Elite Soccer Training** to provide a program that keeps the male and female athletes in shape, conditioned, technically and tactically sound for 2 hours a day during the week **Mon-Fri May 17-August 13.** (call for details)

HSE College Soccer Scouting Services-We provide Complete service in assisting your son or daughter in all Efforts in promoting, marketing and showcasing their talents & abilities to NCCAA, NAIA, NCAA 1, 2, 3 colleges and universities of their choosing in efforts to attain a College Soccer Scholarship. (call for details)