



## Team Soccer Retreats

Great way for your team to bond and prepare prior to the start of your season, discuss team tactics and strategies in the privacy of a conference room, and use of soccer field for team training.

In addition, the tennis courts will be available for soccer tennis to work on ball skills and two and half miles of white sandy beach for endurance and strength training. Meals will be provided on site by one of SHERKSTON's chefs throughout the course of the weekend. Breakfast, lunch and Dinner on Saturday and Breakfast and Lunch on Sunday. Pizza and refreshments will be provided by the organizer Clayton Rosario upon arrival at the Resort Friday Evening.

Each team can enjoy other activities like a camp fire, mini golf, Arcade games, volley ball, basket ball, hockey and skate board park.

A team of 18 players and 4 coaching staff will be provided 4 cottage homes.

Each home sleeps 6 and is fully equipped with a kitchen, TV, fridge, wash room and shower. However, outside showers and toilet facilities are available to accommodate large numbers.

### **24 hour Security on Site**

For more information about the resort go to [www.sherkston.com](http://www.sherkston.com)

### **What to bring**

- Water bottles
- DVD player to watch movies in room.
- Towel, Shampoo, soap and tooth paste.
- We recommend coach bring their own soccer balls and training equipment.
- Soccer videos for match analysis
- Board games and cards.
- Marshmallows.
- Extra blankets.

\*Note TV and Flip Chart Board will be available in the conference room.

### **Special**

Each team booking prior to April 15,2011. Head Coach stays free. Paid by event coordinator. Contact Clayton Rosario @ 289-214-1414 or [claytonr@elitesoccerdevelopment.com](mailto:claytonr@elitesoccerdevelopment.com)

### **Important**

Coaching staff and players are responsible for any damage caused to the cottage homes or resort.

We recommend that players do not kick soccer balls near the cottages or buildings.

### **Cost**

\$195 per player Includes meals, taxes, accommodation and use of facilities.  
10% deposit required to confirm booking. Balance to be paid 7 days prior to arrival.



Sponsored by:



To book please contact Clayton Rosario at 289-214-1414 or email [claytonr@elitesoccerdevelopment.com](mailto:claytonr@elitesoccerdevelopment.com)



**Weekends Available**

Weekend of

April 29,30,May 1st May 6,7,8th

May 13,14,15th May27,28,29th and Sept 9th to Oct 14th,2011

Any weekend Sept 12,2008 to October 26th,2008

\*Note Limited space so book early. This year we are limiting to 6 teams per weekend to allow each team use of soccer field. If there are Teams not requiring use of soccer fields then we will except more teams.

**Sample Itinerary**

**Friday** evening 6pm:

Welcome team to Resort, Pizza, and Camp Fire  
explain rules and give short Tour of resort

Lights out 11pm

**Saturday** 6am

Jog on Beach (Conditioning Endurance)

7am-8:30am

Shower free time.

8:30am-9:30am

Breakfast

9:30am-10:30

Free time (Mini Golf, Arcade. Time to digest)

10:30 am-12noon

Technical Field session

Noon-12:30pm

Shower

12:30pm-1:30pm

Lunch

1:30pm-2:30pm

Free Time (Mini Golf, Arcade ,watch soccer video)

2:30pm-4pm

Team Tactical Training on field

4pm-5:30pm

Shower Free time (Rest Recuperation)

5:30pm-6:30pm

Dinner

6:30pm-7pm

Team Scenic Walk

7pm-8:30pm

Boardroom. Discuss season, tactics, and analysis

8:30pm-

Campfire Talent shows 3 groups (Gk/Defenders, Midfield, Forwards)

Lights out.

11pm

**Sunday** 6am

Jog on Beach and Sand hill training (Conditioning, Endurance, Power)

7am-8:30am

Shower.Free time.

8:30am-9:30am

Breakfast

9:30am-10:30

Free time (Mini Golf, Arcade. Time to digest)

10:30 am-12 Noon

Technical Field session

Noon-12:30pm

Shower

12:30pm-1:30pm

Lunch

1:30pm-2:30pm

Free Time (Mini Golf, Arcade,watch soccer video)

2:30pm-4pm

Team Tactical Training

4pm-5: 30pm

Shower Free time (Rest Recuperation)

6pm

Leave Resort



**\*Note-Coach of team can restructure schedule to meet the team's needs. However, if there is more than one team at the resort there will be A scheduled time for soccer field use and board room.**



## Sherkston Shores Group Soccer Retreat Booking Form

Please fill out, sign and mail this form to our Retreat Coordinator Clayton Rosario at the address below to secure your date.

### RETREAT DETAILS Please Check Box

Youth       Adult       Need Soccer field       Need Board Room       Would like Camp Fire  
 Other describe \_\_\_\_\_

Prices do not include gratuities.

\*Price includes use of Meeting and Operating Recreation Facilities.

I, \_\_\_\_\_ of \_\_\_\_\_, wish to book a Group Soccer Retreat  
from \_\_\_\_\_ to \_\_\_\_\_, 2011 for \_\_\_ nights, \_\_\_ days.

I will submit a Non-Refundable deposit of 10% of the total price now which will be applied to the final balance (money order, certified cheque.)

Send Payment to: Clayton Rosario (Payable to)  
1189 Sherk Rd  
Port Colborne, Ontario  
L3K 5V3

Fax Number : Cell 289-214-1414

I will confirm the final person total (minimum billed) 7 days prior to arrival. **The amount confirmed is the amount billed on arrival.**

At this time our guest count is \_\_\_ Adults, \_\_\_ Players

Final balance to be paid by money order, certified cheque or cash. Any last minute additional people to the group should bring a cash payment with them. Cancellation Penalties, Terms and Conditions Apply.

I agree to all above terms and pricing.

Signed X \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

**It will be a pleasure to have your group at Sherkston Shores.  
We look forward to your visit!**