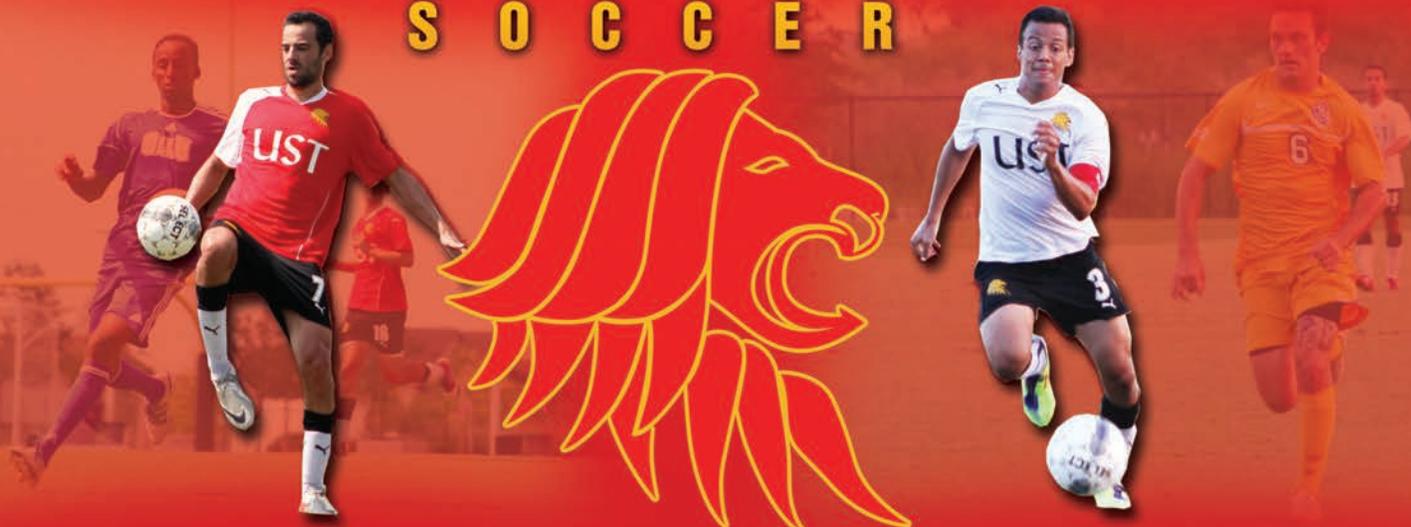


# UNIVERSITY OF ST. THOMAS SOCCER



# ACADEMY

## ACADEMY PHILOSOPHY

The University of St. Thomas Celts Soccer Academy is geared toward boys and girls from ages six to 22. Each session will train players to improve speed with and without the ball. These sessions are based on Dutch methodology in which a player's ball control, tactical decisions and athletic development receive priority in every session. Using methods researched and proven in many of Europe's top clubs, along with the staff's passion for the game, allows your child to reach his or her potential and lay the building blocks for future success. The academy will benefit players of all skill levels.

## ACADEMY SPEED & SKILLS PROGRAM

- **Running Technique** – Improves speed
- **Speed and Power** – Enhances overall athletic ability
- **Agility** – Teaches how to quickly change direction
- **Ball Mastery** – Sets foundation for players
- **Fakes and Feints** – Practice how to beat a defender
- **Dribbling at Speed** – Reach top speed with the ball
- **First Touch** – Control the ball initially
- **Passing** – Connecting with team players
- **Finishing** – Playing with confidence in front of the net

## ACADEMY INFORMATION

**Contact:** UST Soccer Head Coach Aaron Champenoy

**Email:** champea@stthom.edu

**Call or Text:** 713-851-9193

**Date/Time:** Open to availability

**Cost:** Private Session - \$40 per hour

**Small Group:** Two to eight players - \$30 per player per hour

**Location:** Open to availability

**Equipment:** Soccer ball, shin guards and water

## AARON CHAMPENOY – Academy Coaching Director



Coach Aaron "Champ" Champenoy enters his seventh season as head coach at University of St. Thomas and brings 16 years of coaching experience to the Academy.

He has coached with the Houston Dynamo Academy, where he worked directly with player development. Champenoy holds a National Soccer Coaches Association of America High School Coaching Special Topics certification, the NSCAA National and

Advanced National Diploma and a certificate of coaching from the English Football Association. Champenoy was also active with Nebraska Olympic Development Program, where he was a head coach for four years. Champenoy has worked with youth development and academies across the country.

He graduated from Bellevue University, in Nebraska, in 2003. He finished his playing career as a two-time Midlands Collegiate Athletic Conference First-Team player and a three-time All-Nebraska College First-Team selection. In 2001, Champenoy added First-Team All-Region IV award and All-American Honors to finish out his career. Champenoy was also the first men's soccer player to be named the Bellevue University Athlete of the Year.

Champenoy has won two conference championships and qualified for the National Association of Intercollegiate Athletics National Tournament. He has developed more than 40 All-Conference selections including 11 All-Americans.

*Other staff members will include current University of St. Thomas collegiate players.*



UNIVERSITY  
ST. THOMAS  
HOUSTON

### Disclosure of Campus Security Policy and Campus Crime Statistics

The University of St. Thomas publishes specified information on campus crime statistics and security policies, available to current and prospective students and employees, in compliance with the Federal Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act (20 U.S.C. 1092(f)). View the report at [www.stthom.edu/cleryact](http://www.stthom.edu/cleryact). A paper copy is available upon request by contacting UST Campus Security at [security@stthom.edu](mailto:security@stthom.edu).