



**Jeff Lamy**  
Academy Director

Jeff is the new academy director for the Portuguese American Soccer Academy. He has spent the last 13 years working with Manny Batista, and is looking to continue teaching the PASA method. Jeff played college soccer at the University of New Haven, and finished off his playing career at Umass Lowell.

Jeff currently holds his Advanced National Diploma and Director of Coaching Diploma from the NSCAA. He is the Head Coach for the Division 1 PASA FC GU-16 squad, the Boys Varsity coach at Methuen High School, and MFA State Futsal Head Coach. Jeff is also the founder and director for the PASA Futsal Club. His current GU-15 squad is 3 time (2010,2011,2012) Northeast Regional Futsal Champions and is the 2012 U.S. Youth National Futsal Champions.



Manny Batista is the founder of the Portuguese American Soccer Academy and co-founder of PASA FC Premier League teams. He was the Head Men's Soccer coach at Rivier College, and Lowell High School. Manny has a USSF "B" License and Premier Diploma from the NSCAA. Going forward Manny has decided to dedicated his soccer energies to PASA FC and working with Jeff to continue developing the well known PASA Academy.

To reserve your spot or get more info about PASA contact Jeff: [JeffLamy19@hotmail.com](mailto:JeffLamy19@hotmail.com)  
OR  
Check Out Our Website:  
[WWW.PASACADEMY.COM](http://WWW.PASACADEMY.COM)

**PASA FC Premier League Teams**

PASA FC is a premier club that offers a top-flight program teaching the highest level of youth soccer in an enjoyable and educational environment. Our emphasis is on the development of fundamental soccer skills and technique thru repetition and training. PASA FC provides an experienced, trained, and diversified staff, which includes some of the most well known and prominent figures in local college, high school and youth soccer.

Tryout dates and times for the Fall 2013 Season will be posted at [www.millcityfc.com](http://www.millcityfc.com)



**WESTFORD PARKS & REC  
WITH  
PASA  
PRESENTS  
SUMMER 2013 ACADEMIES**

**Session 1**

Jack Walsh Field  
(Parker Village, Westford), June 24 - 27  
Open to All Players 6-18

**Session 2**

Jack Walsh Field  
(Parker Village, Westford), July 29 - Aug 1  
Open to All Players 6-18

**Session 3**

High School/Club Prep Week  
HIGH SCHOOL and PASA FC only  
Jack Walsh Field  
(Parker Village, Westford), Aug 12-15

**TYPICAL DAILY SCHEDULE**

9:00-9:45 AM	WARM-UP CORE MUSCLE GROUPS, SPEED, AGILITY, FLEXIBILITY, BALANCE
9:45-10:30 AM	FAST FOOTWORK INDIVIDUAL MOVES
10:30-11:30 AM	TECHNICAL SKILL DEVELOPMENT
11:30-12:00 PM	SMALL SIDED GAMES
12:00-1:00 PM	*****LUNCH*****
1:00-1:30 PM	STRETCHING/WARM-UP
1:30-3:0 PM	TACTICAL TRAINING AND SMALL SIDED GAMES PLAY SOCCER
3:00-3:30 PM	PHYSICAL CONDITIONING COOL DOWN

**MEDICAL TREATMENT AUTHORIZATION/  
RELEASE**

\_\_\_\_\_  
Player/Student Name

\_\_\_\_\_  
Parent or Guardian Name

(\_\_\_\_\_) \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
Daytime/Cell Phone Home Phone

\_\_\_\_\_  
Pediatrician Name (\_\_\_\_\_) \_\_\_\_\_  
Phone

\_\_\_\_\_  
Dentist Name (\_\_\_\_\_) \_\_\_\_\_  
Phone

HEALTH INSURANCE IS MANDATORY  
Blue Cross/Blue Shield, Tufts, company plans, etc

\_\_\_\_\_  
Insurance Group/Type

If Blue Cross/Blue Shield:

\_\_\_\_\_  
State or Plan ID #

**IMPORTANT:** Bring your health insurance information  
to PASA and present it at registration.

I hereby authorize the directors and staff to seek medi-  
cal attention for my child while in attendance at PASA.

\_\_\_\_\_  
Parent/Guardian Signature

I release PASA and the host facility from any liability  
that may occur due to my child's participation in the  
PASA soccer academy.

\_\_\_\_\_  
Parent/Guardian Signature

**ACADEMY INFORMATION**

The Academy runs from 9:00am - 3:30PM  
Students should arrive around 8:30AM and be ready  
to be on the field at 9AM.

Students must be picked up NO LATER than  
4:00PM.

We will break at 12 Noon for lunch.  
Students should bring their own lunch.

Sunscreen is highly recommended.  
Water and sports drinks will be provided.

**AN UP-TO-DATE PHYSICAL AND IMMUNIZATION  
RECORD MUST BE RECEIVED 2 WEEKS PRIOR  
TO ATTENDING PASA**

COST:  
\$ 250.00 FULL DAY  
\$175.00 HALF DAY (Pick-up at Noon)

**ABSOLUTELY NO REFUNDS AFTER FIRST DAY**

PLAYERS WILL BE GIVEN AN ACADEMY BALL  
AND SHIRT.

PLAYERS ARE EXPECTED TO BRING  
ACADEMY BALL, SHIRT AND SHIN-GUARDS  
DAILY.

Support your local teams!

**New England Revolution**  
www.revolutionsoccer.net

**Boston Breakers**  
www.bostonbreakers.com

**Mill City FC**  
www.millcityfc.com

**REGISTRATION FORM  
AGES 6-18**

**AN UP-TO-DATE PHYSICAL AND IMMUNIZATION  
RECORD MUST BE RECEIVED 2 WEEKS PRIOR  
TO ATTENDING PASA ACADEMY**

PLAYER INFO (to be completed by parent / guardian)

\_\_\_\_\_  
LAST NAME FIRST NAME MI

\_\_\_\_\_  
HOME ADDRESS CITY/TOWN ZIP

\_\_\_\_\_  
AGE MALE / FEMALE ( )  
GENDER PHONE NUMBER

\_\_\_\_\_  
EMAIL ADDRESS

**SELECT A COURSE:**

( ) PASA Field Player Academy

( ) PASA Goalkeeper Academy

**SELECT SESSION: (Mon-Thurs / Rain Day: Friday)**

( ) Session #1 June 24-27 / Walsh Field-Westford

( ) Session #2 July 29-Aug 1 / Walsh Field-Westford

( ) Session #3 Aug 12-15 / Walsh Field-Westford\*\*  
\*\*High School/PASA FC Club Prep Week

**All Sessions will be at Jack Walsh Field-Westford:  
(100 Carlisle Rd. Westford, MA 01886)**

Full Day: 9:00 am - 3:30 pm Cost is \$ 250.00  
Half-Day: 9:00AM - 12Noon Cost is \$ 175.00

Returning attendees take 10% off final bill  
**Make Checks Payable To:** P.A.S.A.

**Mail To:** Jeff Lamy  
P.A.S.A.  
P.O. Box 1795  
Lowell, MA 01854  
Email: JeffLamy19@hotmail.com

