

Director

Kristen Haar
2007 Monmouth County Sportsmanship Award
2002 Group B North Champs
2000 Group III Co-Champs
2000 C.J. Group III Champs
2000 C.J. 'A' North Champs
1999 Group III Runner Up
14 years Head Coach at Middletown South High School
Former member of the New Jersey Lady Stallions
Finished 3rd in the Nation's USISL Women's League
1998 Led Nation and team in scoring 16 goals in USISL
1996 USISL League MVP
Second all time leading goal scorer at Rutgers University
First Shore Area Girls player to score over 100 goals in High School

**Eleventh Annual
ALL GIRLS ADVANCED
SOCCER CAMPS**

Individual specialized sessions for the Youth, Middle School, High School or Elite Club Player looking for advanced training in a highly competitive environment.

Super Fields and Location at Lincroft Acres Park off of Newman Springs Road in Lincroft.

All female staff featuring College Players, High School Coaches and current USL Women's League players. Featuring some of the women listed as 'All Century Players' by the Asbury Park Press.

Concentrated training with a limited number of participants in each session. Enrollment is limited to the first 60 applicants for each session. Applications will be accepted on a first come basis.

Goalkeeping training included. All camps run from Monday thru Thursdays. Register early. Last years camps sold out fast.

Cost
\$135.00 per session Includes Camp T-Shirt & Special Awards for Most Improved, 2V2, Obstacle Course.
Same Player in 3 Camps..... \$275.00
Same Player 2 Training Camps... \$250.00
Same Player 1 Train. & Fitness... \$200.00

Camp Philosophy
Our intent is to create and advanced training atmosphere for GIRLS ONLY. Our expectations and work rate are high. We seek those athletes who are serious about soccer and wish to train and become the best Soccer Player that they can be.
Players to be grouped according to ability level to assure a highly competitive training environment.

**2010
ALL GIRLS
ADVANCED SOCCER
CAMPS**

**Directed by
Kristen Haar**

ALL FEMALE STAFF



**at
Lincroft Acres Park**

**Middletown Soccer Club
Post Office Box 103
Middletown, N.J. 07748
(732)787-3437 #2**

**4 Great Elite Camps
2-Middle/High School Girls Camps
1-Fitness Training Camp
1-Youth Girls Camp**

ELITE TRAINING WEEKS

<p>Session No. 1 - Code HS1 - \$135.00 July 26th - July 29st Ages U13 thru 17 Monday thru Thursday 5:00-8:00pm</p>	<p>Session No. 2 - Code HS2 - \$135.00 August 2nd - August 5th Ages U13 thru 17 Monday thru Thursday 9:00am-12:00pm</p> <p>The sessions for 13 thru 17 are designed to prepare individual players for the upcoming M.S./H.S. and Club Soccer Season. The emphasis will be on improving the players individual skills, tactical awareness, making good decisions on the field. These sessions are conducted in a highly competitive atmosphere, participants should have club soccer experience. The intensity will be that of a H.S. or College Pre-Season Training Camp.</p> <p>Functional & Technical Training Tactical Training Decision making Small and full field games</p>	<p>Session No. 3 - Code FT1 - \$80.00 Fitness Camp Develop Speed & Power August 9th - 12th Ages 13 thru 17 Monday thru Thursday 5:00-6:30pm</p> <p>These sessions are designed for the serious and dedicated soccer player. Each session will consist of intense physical training to get the athlete ready for their pre season. Athletes will be trained aerobically and anaerobically. A combination of sprinting, longer distances, plyometrics strength training and quick movements on and off the ball will be utilized. Session will last for 1 1/2 hours.</p> <p>Athletes will be timed on the following tests:</p> <p>Cooper Test Beep Test Cones (35 yards) 120 yard drills</p> <p>The athlete should be prepared to work very hard during each session to prepare themselves for the upcoming season.</p> <p>Sign up early to assure a spot as space is limited.</p>	<p>Session No. 4 - Code YW1 - \$135.00 Youth Girls Camp August 16th - August 19th Ages U8 thru 12 Monday thru Thursday 5:00pm-8:00pm</p> <p>The youth camp is for players wishing to get ready for their club soccer season. The sessions are intended for the serious player.</p>
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CAMP REGISTRATION FORM

PLAYERS Last Name _____ First Name _____

Address _____ City _____ ZipCode _____

Home Phone	Day Phone	Emergency Phone	Email
Camp Code#	Date of Birth	Age	Play Under
			Camp
			Fee

Club Team		HS/Middle School	Junior Varsity
Varsity		ODP/Select	Position Played
Paid By:	CASH	CHECK	TOTAL AMOUNT ENCLOSED \$
PLEASE FILL OUT COMPLETE FORM		PARENT'S SIGNATURE	

EXPERIENCE LEVEL MUST BE INDICATED ON REGISTRATION FORM.
PLEASE INDICATE ALL THE LEVELS YOU ARE CURRENTLY PLAYING FOR AND NOTE THE TEAM NAME.