

ELITE TRAINING WEEKS

Session No. 1 - Code HS1 - \$135.00
July 24th – July 28st
Sunday thru Thursday
5:00-8:00pm

Session No. 2 - Code ALL - \$135.00
August 1st – August 5th
Players grouped by age
Sunday thru Thursday
9:00am-12:00pm

These sessions above are intended for the serious player.

The sessions for 13 thru 17 are designed to prepare individual players for the up coming 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.

Functional & Technical Training
Tactical Training
Decision making
Small and full field games

Session No. 4 - Code YW1 - \$135.00
Youth Girls Camp
August 14th – August 18th
Ages U8 thru 12
Sunday thru Thursday
5:00pm-8:00pm

The youth camp is for players wishing to get ready for their club soccer season. The sessions are intended for the serious player.

Session No. 3 - Code FT1 - \$85.00

Fitness Camp
Develop Speed & Power
August 8th - 12th
Ages 13 thru 17
Monday thru Friday
5:00-6:30pm

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 ½ hours.

Athletes will be timed on the following tests:

Cooper Test
Beep Test
Cones (35 yards)
120 yard drills

The athlete should be prepared to work very hard during each session to prepare themselves for the upcoming season.

Sign up early to assure a spot as space is limited.

LIMITED SPACE - REGISTER EARLY

ALL CAMPS RUN FOR
5 DAYS EACH....

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

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.

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.

2011 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
1-Middle/High School Girls Camp
1 All ages camp
1-Fitness Training Camp
1-Youth Girls Camp**

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

EXPERIENCE LEVEL MUST BE INDICATED ON REGISTRATION FORM.

PLEASE INDICATE ALL THE LEVELS YOU ARE CURRENTLY PLAYING FOR AND NOTE THE TEAM NAME.

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	