

# REGISTRATION INFORMATION

## COLLEGE BOUND TRAINING SOCCER CAMP JULY 17 - JULY 21, 2016

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State \_\_\_\_\_  
Zip Code \_\_\_\_\_  
E-mail \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Age \_\_\_\_\_ Grade in fall of 2016 \_\_\_\_\_  
H.S. Coach's Name \_\_\_\_\_  
Current Team / School \_\_\_\_\_  
Position \_\_\_\_\_  
Cost of Camp: \$325  
Roommate \_\_\_\_\_

T-Shirt Size (circle one):  
YM      YL      S      M      L      XL

Check one:  
\_\_\_\_ Field Player      \_\_\_\_ Goalkeeper

\_\_\_\_ Yes, I would like a soccer ball for \$25

\*Note: \$100 deposit required for each camp.

Name of Parent/Guardian \_\_\_\_\_  
Emergency Phone No. \_\_\_\_\_

Please enroll my son/daughter in the 2016 California University College Bound Training Camp. It is understood that neither California University, the camp directors, nor anyone connected with the camp will assume any liabilities for injuries, medical, dental or any other expenses incurred as a result of accident and responsibility for loss of personal property.

\_\_\_\_\_  
Signature of Parent or Guardian

A \$100 non-refundable deposit is required with each application and will be subtracted from the total fee. The balance will be due by June 24, 2016.

# CALIFORNIA UNIVERSITY OF PA COLLEGE BOUND TRAINING CAMP

## TRAINING OBJECTIVE

Our objective is to create a highly competitive environment, preparing for the rigors of college soccer and to prepare for the upcoming High School and Club seasons. This camp is beneficial for teams and individuals alike, we want to get the most out of each player and goalkeeper. This is the very same approach used with the Cal U women's soccer team and our system that has allowed us to appear in consecutive NCAA Tournaments. Certainly the most important element is our belief that camp is and should be a teaching and learning opportunity. Player development is essential and we have a top-class training curriculum in place to help develop our young players. It's an intense week of training and important tactical lessons. So, if you are looking for an opportunity to spend the day with some of the top players and coaches in NCAA DII soccer, then this is the camp for you.

## CURRICULUM

This camp focuses technically and tactically on the individual and group needs with the goal of achieving the highest level of field players and goalkeepers alike. The camp curriculum will challenge all young soccer players/goalkeepers and provide them with the skills necessary to become a highly sought after collegiate level soccer player and to excel in their current environment. The focus will be to imitate the types of training and expectations players and goalkeepers will need if considering a college soccer career. They are evaluated by their staff coaches throughout the week and provided with comprehensive feedback about their performance.

## FACILITIES

A variety of fields are utilized for the week of camp in Cal. The main site is the Cal U soccer Complex, a state-of-the-art soccer specific facility. Only minutes from the residence halls, this complex offers a professional level turf field and a very high quality training facility. There are also several smaller grass complexes located at Roadman Park that will also be used. Adamson Stadium also offers a sport turf field. Both are located right off of campus and are convenient and well maintained.



## HOUSING

All campers will be housed in the air conditioned residential halls. Entry doors are locked 24 hours a day. Campers must use their keys to gain access to the residence halls. Pillow and linens are not provided.

## LOST KEY POLICY

Campers who do not turn in their room key at camp dismissal will be charged the lock change fee of \$50-\$240. **This must be paid at departure.** For security reasons, lock changes must be made immediately before the next group arrives. Mailing keys in after check out is not acceptable. There will be no exceptions.

## HEALTH SERVICES

Any health concerns or issues can be addressed by calling the Health Center at 724-938-4232 or public safety at 724-938-4299

## FOOD SERVICE

The cafeteria offers a large selection of foods such as: cereals, salad bar, sandwiches, desserts, bagels, soups, meat and vegetable entrees, ice cream, pastas, and fresh fruits.



## SAMPLE SCHEDULE

### - Check In Day - Afternoon

- Team trains the keeper
- Tactical coaching points by position

### Evening

- Warm up
- Games

### - Day 2 - Morning

- Attacking transition
- Defensive shape and principles of defense
- Principles of defensive responsibilities
- Match: 20-minute halves  
Afternoon
- Warm up: controlling pressure/ ball possession
- Passing and rhythm
- 4 vs. 4 tournament
- Shape in the 4 vs. 4



### Evening

- All camp warm up
- Goalkeeper training 8:00 to 9:15
- 10-minute 5 v 2
- 1 v 1 to cones
- 2 vs. 2 tournament
- Shooting
- 11 v. 11 full field

### - Day 3 - Morning

- Six goal game: "team shape"
- Attacking transition choreography and match
- Defensive shape
- Defensive system

### Afternoon

- Receiving/turning under pressure
- Serving for distance and accuracy (left and right foot)
- Half field games

### Evening

- Warm up
- 6+1 vs. 3
- Half field games

### - Day 4 - Morning

- Warm up
- Midfield: Changing the point of attack
- Shape: Weakside Defense

### Afternoon

- Recreational warm-up and static stretching
- Attacking and defensive heading
- 6-goal game
- Technical speed training

### Evening

- Warm up
- Tactical 3 v 1
- Breakaway finishing
- Match: 20-minute halves  
- Check Out Day -  
Morning
- Contests
- Match 20-minute halves



## PROGRAM HISTORY

### TEAM ACCOMPLISHMENTS:

- 2014: NCAA Tournament Second Round  
PSAC Tournament Semifinals
- 2013: NCAA Tournament Third Round  
PSAC Tournament Champions  
PSAC Regular Season Champs
- 2012: NCAA Second Round  
PSAC Tournament Runner-Up
- 2011: NCAA Tournament Quarterfinals  
PSAC Tournament Champions
- 2010: NCAA Tournament Third Round  
PSAC Tournament Runner-Up
- 2009: NCAA Tournament Quarterfinals  
PSAC Tournament Semifinals

### INDIVIDUAL AWARDS:

- 9 NSCAA ALL-AMERICANS
- 34 NSCAA ALL-REGION
- 9 DAKTRONICS ALL-AMERICANS
- 31 DAKTRONICS ALL-REGION
- 4 CoSIDA ACADEMIC ALL-AMERICANS
- 65 ALL PSAC SELECTIONS

#### **Preferred Method of Payment:**

***www.calvulcans.com - follow camps tab.***  
***(Only accepts full camp fees)***

#### **Checks Payable To:**

***California University of PA (W. Soccer)***  
***Mail the application and check to:***  
***Jenni Morrison, Dept. of Athletics***  
***California University of Pennsylvania***  
***250 University Avenue***  
***California, PA 15419***

#### **For more information:**

***www.calvulcans.com***

***francis@calu.edu***

#### **Women's Soccer Office:**

***724-938-1695 (Coach Francis)***

***Fax: 724-938-5849***

## DIRECTIONS



#### **From the East**

(Harrisburg, Philadelphia)

PA Turnpike to New Stanton, Exit #75 Interstate 70 West to Exit 37A (Toll Road 43 South).

#### **From the North** (Erie, Pittsburgh)

Interstate 79 South to Interstate 70 East Interstate 70 East to Exit 37A (Toll Road 43 South).

#### **From the South East**

(Baltimore MD, Washington DC)

Interstate 70 West to PA Turnpike West to New Stanton, Exit #75 Interstate 70 West to Exit 37A (Toll Road 43 South).

#### **From the West, South West**

(Ohio, West Virginia)

Interstate 70 East to Exit 37A (Toll Road 43 South).

#### **From Toll Road 43 South**

Take the California Exit (bear right at end of exit). Stay straight toward Wood Street, follow Wood Street down to intersection at Third Street (at stop light). At the stop light, turn right onto Third Street and follow straight onto campus.

**California University  
of Pennsylvania**  
Department of Athletics  
250 University Avenue  
California, PA 15419



**COLLEGE BOUND  
TRAINING CAMP  
July 17 - July 21, 2016**

**California University of Pennsylvania**