

## MESSAGE

After another awesome camp in 2017, we will be returning for summer 2018 to bring you another week of fun-filled, high quality soccer, that is open to all players from K-9<sup>th</sup> grade (for Fall 2018).

Our camp is designed to help all players improve on the skills and experiences they already have. Coaches will assess current strengths and build a curriculum that challenges, excites and improves every player in the group. It doesn't matter whether you are a complete beginner or high-level club player! We will be able to help you grow into a smarter, stronger, faster and more skillful player, than you were when you started.

You can see from our camp curriculum, that we are focused on more than just soccer skills. We aim to build rounded soccer players and people through discussion, positive reinforcement, teamwork and communication of goals.

Each player will receive a soccer ball and t-shirt, that is theirs to keep and use at home to continue building on the skills learned at camp.

We look forward to seeing you for another great week of soccer camp!

*Rob Phelan*  
*Camp Director*

## Camp Curriculum

- **Soccer ABC's** - Players will improve their **A**gility, **B**alance and **C**oordination.
- **Dribbling** - improve the ability to change direction and move at speed with a ball.
- **Moves** - master different ways to turn and fake opponents.
- **Passing** - improve accuracy, pace and 1st touch control.
- **Shooting** - improve power and placement with each foot.
- **Tackling/Defending** - improve your tackling skills and learn how to defend.
- **Control** – bring the ball under your spell with different body parts.
- **Freestyle** - daily program of juggling, lifts and balances to improve first touch.
- **Communication** – It's more than just being loud. Learn how to get the right message across to your team mates.
- **Leadership** – learn how to work with, organize and encourage others.
- **Respect** – at all times we show respect to the officials, coaches, team mates and opposition.
- **Responsibility** – take ownership of your decisions, development and nutrition.

## ADDITIONAL INFORMATION

Additional camp information can be found online at [www.catoctinsoccercamps.com](http://www.catoctinsoccercamps.com)

Questions to: [robert.phelan@fcps.org](mailto:robert.phelan@fcps.org)

*Pictures and videos from the camp may be used for promotional purposes.*

*These materials are neither sponsored by nor endorsed by the Board of Education of Frederick County, the superintendent, or Catoctin High School.*

[www.catoctinsoccercamps.com](http://www.catoctinsoccercamps.com)



**Catoctin Cougar  
Co-ed**

**Soccer Camp**

Presented by the CHS  
Athletic Boosters

*June 25<sup>th</sup> - 28<sup>th</sup>, 2018*

*at*

**Catoctin  
High School**



# CAMP INFORMATION

**Date:** June 25<sup>th</sup> - 28<sup>th</sup>, 2018

**Time:** 7:30 am - 10:30 am - Grades 3 - 9  
7:30 am - 8:45 am - Grades K, 1 & 2

**Site:** Catoctin High School

**Cost:** \$100 per player, Grades 3 - 9  
\$70 for additional family members  
\$45 per player, grades K, 1 & 2  
\$40 for additional family members  
Payment by check or credit card

**\$5 off per player if registered before June 4<sup>th</sup>**

**Who:** Male & Females entering  
Grades K-9 in the fall 2018  
**INCLUDES INCOMING FRESHMEN  
ALL LEVELS OF PLAYERS WELCOME!!**

## Registration:

Online at [catocctinsoccercamps.com](http://catocctinsoccercamps.com)  
OR complete and mail the included form.

# CAMP FEATURES

- ◆ High quality coaching from our experienced coaching staff.
- ◆ Players grouped by age and ability.
- ◆ Instruction emphasizing technical development and team membership.
- ◆ Small sided play emphasizing tactical development and soccer IQ
- ◆ Fitness and nutritional education
- ◆ **FREE CAMP T-SHIRT and SOCCER BALL**

# CAMP REGISTRATION

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Player 1 Name: \_\_\_\_\_

Grade (Sept 2018): \_\_\_\_\_

Birth Date: \_\_\_\_\_

Gender:           M           F

T-Shirt Size: Adult   S   M   L   XL

Youth   S   M   L

Ball Size\*:       3       4       5

## Additional Players

Player 2 Name: \_\_\_\_\_

Grade (Sept 2018): \_\_\_\_\_

Birth Date: \_\_\_\_\_

Gender:           M           F

T-Shirt Size: Adult   S   M   L   XL

Youth   S   M   L

Ball Size\*:       3       4       5

\*USSF ball size recommendations:  
U6-U9 (size 3), U10-U13 (size 4), U14+ (size 5)

Include form and check payable to

**CHS Athletic Boosters**

Return to:

Cougar Soccer Camp  
c/o Rob Phelan  
14745 Sabillasville Road  
Thurmont, MD 21788

# EMERGENCY INFORMATION

**Player 1 Name:** \_\_\_\_\_

(Allergies/Medications): \_\_\_\_\_

**Player 2 Name:** \_\_\_\_\_

(Allergies/Medications): \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Emergency Phone:** \_\_\_\_\_

**Medical Insurance:** \_\_\_\_\_

**Policy Number:** \_\_\_\_\_

**Family Physician:** \_\_\_\_\_

In case of emergency, I authorize treatment by my family physician or Frederick Memorial Hospital's Emergency Department.

\_\_\_\_\_  
(Parent Signature)

I hereby authorize staff of the Cougar Soccer Camp to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive and release Cougar Soccer Camp staff from any and all liabilities for any injuries or illnesses incurred while at camp. I have no knowledge of any physical impairment that would be affected by the above named camper's participation in the camp program.

\_\_\_\_\_  
(Parent Signature)

**Emergency information must be complete and accurate in order for your child to attend camp.**