

## Girls and soccer day camp director

**Rob Fulton** is the current head women's soccer coach at Shippensburg University. Rob comes to Shippensburg from College of the Southwest in Hobbs, New Mexico. In 2003, he was named the Red River Athletic Conference Women's Soccer Coach of the Year, leading the Mustangs to their first conference championship with a record of 13-6-1.

## Staff

Staff coaches will include a select group of collegiate players and if necessary other highly qualified local coaches. In addition to coaching responsibilities, these staff members provide direct support and encouragement as role models to developing players. This is a unique aspect of the Shippensburg University soccer camp. Others may be added to our staff. Staff subject to change.

## Residential camp information

### Camp arrival & check-in

Girls: June 21 – 1:30-2:30 PM Heiges Field House  
Boys: Aug. 2 – 4:00-5:30 PM Residence hall lobby

### Camp dismissal & check-out

Girls: June 24 – 4:00 PM Residence hall lobby  
Boys: August 5 – 4:00 PM Residence hall lobby

### Daily schedule (subject to adjustments)

7:30 AM Breakfast, dining hall  
9:00 AM Assembly  
9:30 AM Technical session/contests  
NOON Lunch, dining hall  
1:00 PM Tactical session/games/3 v 3  
5:00 PM Dinner, dining hall  
6:30 PM Soccer matches  
8:00 PM Commuters free to go  
10:30 PM Lights out!

## Day camp information

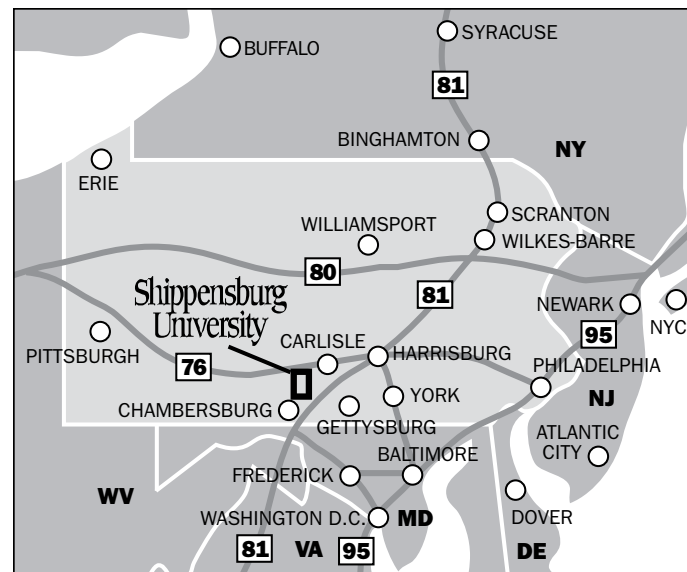
### Daily schedule (subject to adjustments)

#### AM Session

8:30 AM Check-in (Monday, July 6 ONLY)  
9:00 - 11:00 AM Session

#### PM Session

1:00 PM Check-in (Monday, July 6 ONLY)  
1:30 - 4:30 PM Session



### If your point of departure is ...

**North of Shippensburg:** Use I-81 or U.S. Route 11 south (Exit 29 from I-81). Upon entering Shippensburg, follow signs to Shippensburg University campus.

**South of Shippensburg:** Use I-81 north (or U.S. Route 11), take Exit 24, turn left and follow signs to Shippensburg University campus.

**East of Shippensburg:** Use Pennsylvania Turnpike Exit 226 (Carlisle), follow signs to I-81 south, take I-81 to exit 29. Turn right and follow signs to Shippensburg University campus.

**West of Shippensburg:** Use Pennsylvania Turnpike Exit 201 (Blue Mountain), take Route 696 south toward Shippensburg, follow signs to Shippensburg University campus.

**From Baltimore/Washington, D.C., area:** Take I-270 to I-70 west to I-81 north. Use exit 24. Turn left and follow signs to Shippensburg University campus.

*Shippensburg University is an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Disability Services, Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.*

## REGISTER NOW! Shippensburg University 2009 Summer Camps

Boys' Football Camp	Ages 10-17	June 14-18
Girls' Basketball Camp	Ages 10-15	June 14-18
Girls' Softball Camp I	Ages 9-17	June 14-18
Swimming Camp	Boys/Girls, ages 9-18	June 14-18
Tennis Camp I	Boys/Girls, grades 8-12	June 14-18
Father/Son Basketball Camp	Ages 6-15	June 20-21
Girls' Soccer Camp	Ages 13-18	June 21-24
Throws Camp	Boys/Girls, grades 9-12	June 21-25
Baseball Day Camp	Boys, ages 6-12	June 22-25
Baseball Residential Camp	Boys, ages 13-16	June 28-July 1
CSI Camp	Boys/Girls, grades 7-11	June 28-July 3
Girls' Volleyball Camp I	Girls, grades 6-12	July 5-9
Girls' Softball Camp II	Ages 9-17	July 5-9
Chemistry Camp	Boys/Girls, grades 3-5	July 6-10
Soccer Day AM Session	Boys/Girls, ages 4-7	July 6-10
Soccer Day PM Session	Boys/Girls, ages 8-13	July 6-10
A Day at College Camp	Grades 6-12	July 8 and 28
Boys' Basketball Camp	Ages 9-17	July 12-16
Girls' Lacrosse Camp	Grades 5-12	July 12-16
Sprints & Hurdles Camp	Boys/Girls, grades 9-12	July 12-16
Learning by Gaming Day Camp	Boys/Girls, grades 4-6	July 13-17
Cross Country Camp	Boys/Girls, grades 9-12	July 19-23
Girls' Volleyball Camp II	Grades 6-12	July 19-23
Tennis Camp II	Boys/Girls, grades 8-12	July 19-23
Jumps Camp	Boys/Girls, grades 9-12	July 19-23
World's Languages Camp	Boys/Girls, grades 6-8	July 20-24
Girls' Field Hockey Team Camp	Grades 9-12	July 26-30
Tennis Camp III	Boys/Girls, grades 8-12	July 26-30
Baseball College Select Camp	Boys, ages 15-18	August 2-5
Boys' Soccer Camp	Grades 9-12	August 2-5

Register NOW by calling (717) 477-1256  
or visit our website at [www.ship.edu/camps](http://www.ship.edu/camps)  
or e-mail your request to [sucamps@ship.edu](mailto:sucamps@ship.edu).

# Soccer Camp



**Girls Camp: June 21 to 24, 2009**  
**Boys Camp: August 2 to 5, 2009**

**Residential, girls, ages 13 to 18**  
**Residential, boys team, grades 9 to 12**

**Day Camp: July 6 to 10, 2009**

**9:00-11:00 AM – Boys & girls, ages 4 to 7**  
**1:30-4:30 PM – Boys & girls, ages 8 to 13**

**Boys Camp Director:** Jeremy Spring, SU Head Men's Soccer Coach  
**Girls Camp & Day Camp Director:** Rob Fulton, SU Head Women's Soccer Coach



**SHIPPENSBURG  
UNIVERSITY**

[WWW.SHIPEDU/CAMPS](http://WWW.SHIPEDU/CAMPS)

# Registration Application 2009 SU Soccer Camp

For your convenience, the Conference Office offers on-line registration, payment, and printable brochures. Check out our website at [www.ship.edu/camps](http://www.ship.edu/camps).

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone number (\_\_\_\_\_) \_\_\_\_\_

Age \_\_\_\_\_  Male  Female

Grade in fall of 2009 \_\_\_\_\_

Parent's name \_\_\_\_\_

Daytime phone number (\_\_\_\_\_) \_\_\_\_\_

School attending \_\_\_\_\_

Coach's name \_\_\_\_\_

Roommate preference \_\_\_\_\_

*(Only 2 campers per room)*

T-shirt size: (Youth)  Large  
(Men's)  Small  Medium  Large  Extra Large

Position:  Field Player  Goalkeeper

## Residential Camp Fees:

- Resident plan (all meals included) \$325  
 Commuter plan (lunches included) \$250

## Day Camp Fee:

- Day Camp Plan – AM Session (4-7 years) \$100  
 Day Camp Plan – PM Session (8-13 years) \$125

Week Preference:  June 21-24, 2009 (Girls Camp)  
 July 6-10, 2009 (Day Camp, Mornings)  
 July 6-10, 2009 (Day Camp, Afternoons)  
 August 2-5, 2009 (Boys Camp)

## Payment Plan:

Check or money order enclosed *(Please make check payable to "Shippensburg University")*

VISA *(If paying with credit card, full payment required.)*

MasterCard

Card Number

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_  
MM YY

## Application information

Applications will be accepted up to the Monday prior to the start of camp. Applications submitted after that day **will not be accepted**. If paying with a credit card, full payment is required. If paying by check or money order, you have the option of paying the entire amount or submitting at least a \$50 deposit with the balance due by May 15. Applications submitted after May 15 must be accompanied with full payment. A \$50 administrative fee will be deducted from all refunds. No refunds will be given after on-campus check-in. The Conference Office reserves the right to cancel any camp which has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is cancelled.

### Send your application and payment to:

Office of Conferences  
Shippensburg University  
1871 Old Main Drive  
Shippensburg, PA 17257-2299  
**Phone: (717) 477-1256**

## General camp information

- All phases of the game of soccer will be taught during the camp.
- Every camper will receive individual attention and, regardless of ability, will be taught the correct and professional way to play soccer.
- Skills competition will be conducted to evaluate campers abilities in basic soccer skills.
- Register early. Registrations are accepted on a first-come, first-served basis.
- Residential Camp Fees:** The total resident plan which includes meals, lodging, T-shirt, instruction, and limited medical insurance is \$325. The commuter plan which includes lunches, T-shirt, instruction, and limited medical insurance is \$250.  
**Day Camp Fees:** The total day camp morning session fee which includes T-shirt, instruction, limited medical insurance and a soccer ball is \$100. The total day camp afternoon session fee which includes T-shirt, instruction, limited medical insurance and a soccer ball is \$125.
- Health and Disability Services — The Etter Health Center is staffed and equipped to take care of minor illnesses and injuries that may arise during your stay on campus. Our physician is in attendance Monday through Friday from 1:30 to 2:30 PM. A registered nurse is on duty or on call 24 hours daily and may at her discretion call the physician for consultation at any hour. A certificate of health must be presented by each participant at the camp's registration. A standard form will be sent upon acceptance.

**This form does not require a physician's examination or signature.** For some emergencies, the staff may send you directly to a local hospital. Requests for accommodations, auxiliary aids or services should be made in writing to the Office of Disability Services at least fifteen (15) days before the camp begins. The Office of Disability Services is located in Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, [ods@ship.edu](mailto:ods@ship.edu).

- Housing: Only two participants will be assigned to a room. Two sheets, one pillowcase, and a pillow are provided. No towels, washcloths, or blankets are provided. Bring a light blanket, washcloths, and towels with you. Coin operated washers and dryers are available in the residence hall.
- Lost key policy: Campers who do not turn in their room key at camp dismissal will be subject to a lock change fee (ranging from \$40-\$60). For security reasons, lock changes must be made immediately before the next group arrives. Keys returned after check out is not permissible. There will be no exceptions.
- Things to bring to camp (label your gear) include: **soccer ball**, practice gear including boots and shinguards, shoes for indoor athletic activities, sunscreen, wet weather gear, and swimsuit. The university is not responsible for lost or misplaced belongings.
- Absolutely **no** visitation by family members during the week unless permission is granted by the camp director. Experience has shown that the campers are more receptive to instruction and less stressful when outside adults are not present.
- The only prerequisite is a willingness to learn.

## Philosophy

The SU Soccer Camps are committed to excellence in athletics. Each athlete is taught to perform successfully at the highest possible level in accordance with the best training methods available. The aspect of technical development through the use of individual and small side play is a prerequisite to playing the game of soccer.



## Camp objectives

Our main objective is to provide all participants with the knowledge and skill needed to fulfill their athletic potential in a healthy, fun environment. All participants will receive special attention to meet their specific needs. It will introduce the camper to the "fun"amentals essential to their continued development after the camp ends. The athletes are bound to leave more skilled and confident.

## Camp features

Small player to coach ratio	Tactical instruction
Skill drills	Keeper instruction
Individual instruction	Small sided game play
SU camp T-shirt	Grid drills

## Training methods/curriculum

Current training methods focusing on the individual skill level will be used.

	<i>Technical Session</i>	<i>Tactical Session</i>
Day 1	Ball control: juggling/dribbling	Attack — 1 on 1 & group
Day 2	Heading & tackling	Defense — indiv. & group
Day 3	Passing	Passing & support
Day 4	Receiving	Creating space
Day 5	Shooting, creating & converting goal scoring chances	Team tactics

**Goalkeepers (residential camps only)** — A special goalkeeping program is offered. Keeper training is also integrated with that of field players to provide immediate feedback and reinforcement of skills acquired.

## Boys and soccer day camp director

**Jeremy Spring** is the current head men's soccer coach at Shippensburg University. Jeremy comes to Shippensburg from Gettysburg College and James Madison University. He was an assistant coach for one season at Gettysburg College and three seasons at James Madison University. While at both programs he has made it to the conference playoffs and the NCAA tournament. He currently holds a masters degree in Exercise Physiology and has an extensive back ground in Strength and Conditioning.