

## Residential camp information

### Camp arrival & check-in

Girls: July 18 – 1:30-2:30 PM Heiges Field House  
Boys: Aug. 1 – 4:00-5:30 PM Residence hall lobby

### Camp dismissal & check-out

Girls & Boys: 4:00 PM Residence hall lobby  
July 21 (girls) or  
August 4 (boys)

### 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, June 21 ONLY)  
9:00 - 11:00 AM Session

#### PM Session

1:00 PM Check-in (Monday, June 21 ONLY)  
1:30 - 4:00 PM Session



<http://www.ship.edu/Visit/Directions/>

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](mailto:ods@ship.edu).

# REGISTER NOW!

## Shippensburg University

### 2010 Summer Camps

Girls Basketball Camp	Girls Ages 10 - 15	June 13 - 17
CSI Camp	Boys & Girls Grades 7 - 11	June 13 - 18
Father Son Basketball Camp	Boys Ages 6 - 15	June 19 - 20
Boys Football Camp	Boys Grades 6 - 12	June 20 - 23
Girls Softball Camp I	Girls Ages 10-17	June 20 - 24
Baseball Day Camp	Boys Ages 6 - 12	June 21 - 24
Soccer Day Camp AM Session	Boys & Girls Ages 5 - 8	June 21 - 25
Soccer Day Camp PM Session	Boys & Girls Ages 9 - 13	June 21 - 25
Swimming Camp	Boys & Girls Ages 9 - 17	June 27 - July 1
Tennis Camp I	Boys & Girls Grades 9 - 12	June 27 - July 1
Chemistry Camp	Boys & Girls Ages 8 - 10	June 28 - July 2
Girls Lacrosse Camp	Girls Grades 5 - 12	July 11 - 15
Girls Softball Camp II	Girls Ages 10 - 17	July 11- 15
Girls Volleyball Camp I	Girls Grades 6 - 12	July 11 - 15
Girls Soccer Camp	Girls Ages 13 - 18	July 18 - 21
Boys Basketball Camp	Boys Ages 9 - 17	July 18 - 21
Jumps Camp	Boys & Girls Grades 9 - 12	July 18 - 21
Cross Country Camp	Boys & Girls Grades 9 - 12	July 18 - 22
Tennis Camp II	Boys & Girls Grades 9 - 12	July 18 - 22
Baseball Day Camp	Boys Ages 6 - 12	July 19 - 22
Throws Camp	Boys & Girls Grades 9 - 12	July 25 - 28
Girls Volleyball Camp II	Girls Grades 6 - 12	July 25 - 29
Tennis Camp III	Boys & Girls Grades 9 - 12	July 25 - 29
Baseball Residential Camp	Boys Ages 13 - 18	August 1 - 4
Boys Soccer Camp	Boys Grades 9 - 12	August 1 - 4
Speed & Hurdles Camp	Boys & Girls Grades 9 - 12	August 1 - 4
Girls Field Hockey Camp	Girls Grades 9 - 12	August 4 - 8

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 Camps



**Girls Camp: July 18 to 21, 2010**  
**Boys Camp: August 1 to 4, 2010**

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

**Day Camp: June 21 to 25, 2010**

**9:00-11:00 AM – Boys & girls, ages 5 to 8**  
**1:00-4:00 PM – Boys & girls, ages 9 to 13**

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



[WWW.SHIP.EDU/CAMPS](http://WWW.SHIP.EDU/CAMPS)

**SHIPPENSBURG**  
**UNIVERSITY**

## Registration Application 2010 SU Soccer Camps

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 2010 \_\_\_\_\_

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) \$335  
 Commuter plan (lunches and dinners included) \$285

### Day Camp Fee:

- Day Camp Plan – AM Session (5-8 years) \$110  
 Day Camp Plan – PM Session (9-13 years) \$135

Week Preference:  June 21-25, 2010 (Day Camp, Mornings)  
 June 21-25, 2010 (Day Camp, Afternoons)  
 July 18-21, 2010 (Girls Residential Camp)  
 August 1-4, 2010 (Boys Residential Camp)

### Payment Plan:

- Check or money order enclosed (*Please make check payable to "Shippensburg University"*)  
 Credit card payments and e-checks will be accepted on-line at [www.ship.edu/camps](http://www.ship.edu/camps) as part of the registration process. If paying by credit card or e-check, full payment is required at the time of registration.

## Application information

Applications will be accepted up to one week 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 \$75 deposit with the balance due one week prior to start of camp. An administrative fee of \$75 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:

Conference Services  
Shippensburg University  
1871 Old Main Drive, Shippensburg, PA 17257-2299  
**Phone: (717) 477-1256**

## General camp information

- Register early:** Space is limited to facilitate individual attention.
- Housing:** All participants will be housed in modern residence halls and will be supervised by counselors. 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 these items with you. Coin operated washers and dryers are available in the residence hall.
- 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. Lock changes for lost keys will be billed to the camper. There will be no exceptions.
- 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.**
- Health 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. For some emergencies, the staff may send you directly to a local hospital.
- Disability Services:** Requests for accommodations, auxiliary aids or services must 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).
- Recreational facilities include:** indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts and handball courts.
- 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. Young campers (ages 10-11) should try to attend with a friend. This helps with homesickness and makes the camp experience more enjoyable for the camper.

**What to bring:** (*label your gear*): **Soccer ball**, practice gear including boots and shin guards, shoes for indoor athletic activities, sunscreen, wet weather gear and swimsuit. The university is not responsible for lost or misplaced belongings.

## Camp objectives & philosophy

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. 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.

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 features

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

## Training methods/curriculum

The following technical and tactical areas will be addressed during the camp:

### Technical Session

Ball control: juggling/ dribbling  
Heading & tackling  
Passing  
Receiving  
Shooting, creating & converting goal scoring chances

### Tactical Session

Attack — 1 on 1 & group  
Defense — indiv. & group  
Passing & support  
Creating space  
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.

## Girls and soccer day camp director

**Rob Fulton** is entering his fifth season as head women's soccer coach at Shippensburg University. In 2008 Rob guided the Lady Raiders to an 11-8-1 record and its most successful season in 11 years. During the 2007 season the team achieved its highest ever national ranking under Fulton's leadership coming in at number 13 in the NSCAA poll. The Lady Raiders finished the 2009 season with a respectable 7-10 record.

## Boys camp director

**Jeremy Spring** is the head men's soccer coach at SU. A 2002 graduate of Slippery Rock, Spring was the assistant women's soccer coach at Gettysburg College in 2007. He helped guide the Bullets soccer team to a 6-4 conference record and an appearance in the Centennial Conference Tournament semifinals. He was a three-year veteran of the men's soccer coaching staff at James Madison from 2004-06 and while at the school he earned his master's degree in exercise physiology. During his tenure with the Dukes, the team averaged 12 wins per seasons and made an NCAA tournament appearance in 2005.

## 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.