

CORNELL COLLEGE WOMEN'S SOCCER
HIGH SCHOOL GIRLS' PRE-SEASON CAMP/COLLEGE ID CAMP
Saturday February 15th 2020 -NOON--7:00pm--

FEE \$49.99

(FEE includes ALL training sessions, fitness assessment and a Cornell College soccer shirt)

ID CAMP SCHEDULE

11:30am-Noon-	Registration	<u>WHAT TO BRING</u> *
Noon-1:30pm-	Warm Up & Fitness Assessments	
1:30pm-1:40pm-	Break	Indoor Soccer Shoes *
1:45pm-3:00pm-	Training Session 1 (Technical)	Cleats/Turf Shoes *
3:00pm-3:30pm-	Break & Snack Time & College Talk/Q&A	ShinGuards *
3:00pm-4:30pm-	Training Session 2 (Technical/Tactical)	Indoors Clothing *
4:30pm-4:45pm-	Break	Outdoors Clothing
4:45pm-6:00pm-	Full Size Game	
6:00pm-6:30pm-	Stretch & Wrap Up Camp	

The camp will take place on the beautiful campus of Cornell College in the Indoor Sports Complex or in the turf Stadium if weather permits. The training sessions will allow players to work directly with college/professional coaches which include technical and tactical training

The afternoon is designed to provide campers an environment to improve and compete in small sided games while showcasing their skill.

A fitness assessment will be provided to all the attendees and their high school coaches

HIGH SCHOOL AND CLUB COACHES WELCOME TO ATTEND THE CAMP AND OBSERVE

REGISTRATION

NAME	GRAD YEAR
POSITION	ADDRESS
CITY	PHONE
EMAIL	HIGH SCHOOL COACH'S
CLUB TEAM	NAME COACH'S EMAIL
COACH'S PHONE	POLICY NUMBER
INSURANCE COMPANY:	MEDICATIONS TAKING:
KNOWN ALLERGIES:	
TSHIRT SIZE	

EMERGENCY CONTACT:

PARENT'S PHONE:

EMERGENCY PHONE:

PARENT/GUARDIAN PERMISSION FOR MY CHILD TO PARTICIPATE IN SOCCER FESTIVAL: I hereby release the Rams Soccer Academy and Cornell coaches and players from all claims on account of any injuries, which may be sustained by my child while traveling to, participating in, and returning from the PREMIER ID CAMP. I also agree to indemnify the Cornell Soccer players/ coaches from any claim which may hereafter be presented by my minor child as a result of illness or accident while my child is at this clinic.

***REGISTER BY
FEBRUARY 8TH
TO ENSURE
CORRECT
T-SHIRT SIZE***

***This camp is limited only by
number, age, grade level
and/or gender.***

SIGNATURE: _____ DATE: _____

