



Athletics

400 East University Way
Ellensburg, WA 98926-7570

2008 GIRL'S SOCCER CAMP

AGES 12-18

CAMP DATE: July 20-23

CAMP DATE

July 20-23, 2008

GENERAL CAMP INFORMATION

Early Camper Registration: \$330 per athlete which includes camp and complete room and board. Early Commuter Rate without meals: \$170 per athlete. Early Commuter Rate with meals: \$217 per athlete which includes dinner on the first day and lunch/dinner on the following two days (no lodging). After July 11, the fee is \$350 for campers and \$190 or \$237 for commuters. Each participant must complete an application form and all applications must be mailed as a team. A group rate of \$310 per camper is available for groups of 8 or more. Each participant must fill out an application form and all applications must be mailed as a group.

A non-refundable \$20 administrative fee is charged for any cancellations. Refund will be made if a written request for cancellation is received by 5 p.m. July 16, 2008. However, a telephone call will be accepted if written notification follows. For students leaving camp early, refunds are granted on a case-by-case basis minus administrative/program fees. No refunds will be made for students dismissed from camp.

FOR MORE INFORMATION

Write to Girls' Soccer Camp, CWU Athletic Department, 400 East University Way, Ellensburg, WA 98926-7570 or call (509) 963-1939. For camp highlights visit our Web site at: www.wildcatsports.com

FREE T-SHIRT

Every athlete will receive a free T-shirt, soccer ball and a tote bag from ADIDAS®.

WHAT TO BRING

Campers must bring their own towels, washcloth, soap, sun screen, personal toiletries and bathing suit. Also bring soccer shoes, tennis shoes, t-shirts, shorts, socks and sweats. **All campers will be required to wear shin guards while playing.** Please leave all valuables at home. CWU is not responsible for damages or loss to camper's personal property.

SUPERVISION

Campers will be supervised at all times by CWU employees. CWU reserves the right to send any camper home if found to be undesirable for any reason. If keys are not returned at check out, then the team coach will be responsible for \$35 per lost key.

CHECK-IN / CHECK-OUT

Check-in is July 20 from 1 p.m.-2 p.m.

All participants must attend the Orientation Meeting at 2 p.m. The first field session will begin at 3 p.m. Check-out for sleeping rooms on July 23 at 8 a.m.

PHYSICALS / INSURANCE

All CWU camp participants are required to provide a non-returnable physical fitness statement from their physician, a CWU Camper Health/Emergency Information Form and proof of their own medical insurance prior to their participation in the CWU Camp. **CAMPERS WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT PROPERLY COMPLETED FORMS.** The CWU athletic training staff will be on duty during sessions and on-call throughout the day.

Camper's Name _____
 Address _____
 Birth Date _____ Phone (_____) _____
 Sport Camp Attending _____
 Camp Dates _____
 Does your child have:
 Allergies Yes No If yes, list. _____
 Chronic Illness, such as heart condition, asthma, epilepsy, diabetes, etc.
 Yes No If yes, list. _____
 Has your child had any injuries and/or operations during the past year?
 Yes No If yes, list type and dates. _____
 Has your child's physical activity been restricted during the past year?
 Yes No If yes, list reasons and duration. _____
 Is your child taking any medications? Yes No If yes, why? _____
 Name of medication(s) and Dosage(s). _____
 Has your child ever taken any sulfa drugs? Yes No
 Has your child had adverse reactions to any drugs? Yes No
 If yes, list drug(s) and reaction(s): _____
 Date of last tetanus immunization: _____

I, the undersigned, individually and as a parent/guardian of

_____ (camper)
 a minor, ask that he/she be admitted to participate in the sports camp sponsored by Central Washington University. I do hereby agree to release, discharge and hold harmless the State of Washington, Central Washington University, its officers, agents, trustees, employees and volunteers from any and all liabilities, claims, costs, expenses, injuries and or/losses, that I or my minor child may sustain as a result of my minor's attendance at the sport camp or in the course of competition and/or activities held in connection with the sport camp. I hereby give consent for medical treatment and agree to assume all responsibility for payment of medical bills and expenses. Furthermore, I will be responsible for filing all claims with all insurance companies. I agree to pay for lost keys and damage caused by my child while at camp. You have my permission to release a copy of this form and the personal insurance information below to any medical provider treating my child. I also give permission for my child's photograph to appear in promotional material regarding future camps.

Signature of Parent/Guardian _____ Date _____
 Emergency Contact Person _____
 Relationship _____
 Address _____
 Phone: Work (_____) _____ Home (_____) _____
 Family Physician _____ Phone (_____) _____
 Medical Insurance _____
 Name of Insured _____
 Policy/Group # _____

CWU CAMPER HEALTH/EMERGENCY INFORMATION FORM FOR CWU SPORT CAMPS

THIS FORM AND A VALID PHYSICAL FITNESS STATEMENT MUST BE PROPERLY SIGNED and RETURNED BEFORE THE FIRST DAY OF CAMP.
 Campers will not be allowed to participate without properly completed and signed forms.



2008 CENTRAL WASHINGTON UNIVERSITY GIRL'S SOCCER CAMP APPLICATION FORM AGES 12-18

CAMP DATE: JULY 20-23, 2008 (#20800)
REGISTRATION DEADLINE: July 11, 2008

Name _____
 (Please type or print)
 Daytime Phone Number (_____) _____
 (Please include area code)
 Street Address _____
 City _____ State _____ Zip _____
 School Name _____
 Coach _____

- Rates:
- \$330 Early Camper Registration (\$350 after July 11)
 - \$170 Early Commuter Registration without meals (\$190 after July 11)
 - \$217 Early Commuter Registration with meals (\$237 after July 11)
 - \$310 Group Camper Registration

*Send individual applications as a team with \$100 per-person deposits to CWU Conference Program, 400 East University Way, Ellensburg, WA 98926-7592. Make checks payable to CWU Conference Program. Balance must be paid in full by July 11 (#20800), otherwise a \$20 individual application fee is imposed. A non-refundable \$20 administrative fee is charged for any cancellations. Refund will be made if a written request for cancellation is received by 5 p.m. July 16, 2008. However, a telephone call will be accepted if written notification follows.

(CWU will destroy the following information immediately after processing.)

Please charge \$ _____ to credit card # _____ Visa MasterCard Expiration Date _____
 Card Holder Signature _____ Date _____

2008 CENTRAL WASHINGTON UNIVERSITY

GIRL'S SOCCER CAMP

(#20800)

CAMP PHILOSOPHY: EDUCATION + SOCCER = OPPORTUNITY

"We know what it takes to become a better player. There are no magic formulas or gimmicks. Improvement, achievement, and success are the result of hard work, dedication, sacrifice and of course quality instruction"

CAMP DIRECTOR: Michael Farrand - Women's Soccer Coach CWU

- USSF "A" License
- 4 Time College MVP
- 3 Time College All American
- 2 Time College Conference Coach of The Year

Coach Farrand brings over 25 years of coaching experience to Central Washington University at the college, club, Olympic Development and high school levels. Coach Farrand has been a part of the success of some of the top women players in the country. These players have played at top Division I and II schools across the country. In addition, Coach Farrand's former players have played on US National Teams, are current WUSA professional players, and played on professional teams in Japan and Europe.

What to expect:

Central Washington's finest soccer camp! This camp is dedicated to individuals and teams who want to receive the finest technical training. Coach Farrand's teaching and methodology has enabled many players to improve their technical skills. These players have been able to go back to their teams and help them reach the highest levels of performance on the field and off.

This is not a camp of simple soccer drills and t-shirts.

At Central Washington you will play on Washington's best soccer field. You will be challenged in every session to be the best player you can be. You will train in a college atmosphere and be given the "Essential Tools" of the game of soccer.

Clinic Sessions Include:

- Individual and Team Attacking
- Individual and Team Defense
- Speed of Play
- Preparing for high school, ODP, and college
- Soccer Fitness and Speed Training
- Specific Technical Training
- "Self Teaching"-Exceeding yourself, how to get to the next level on your own.

Custom Camps Available:

- Teams needing single day or multi-day camps can contact Coach Farrand.

"Essential Tools of Soccer"

Mental Power:

The game of soccer begins and ends here. Soccer is a game that is constantly changing. To meet those demands and to play at the highest levels you have to be able to adjust to those demands. Learn how to make the most out of every training experience and how to achieve the best results game in and game out.

Physical Power:

We all understand the physical demands of the game of soccer. Physical power, speed, agility, quickness, cardiovascular strength, muscular endurance, and flexibility are just a few of the components needed to be a top player. Learn how to put these components into a complete training package.

Technique:

There are many basics that make the game easier at any level. At the same time there are advanced techniques that allow a player to excel and dominate games. At Central Washington you will learn all these techniques. More importantly, you will be taught how to work on your own to perfect these techniques. Coach Farrand calls this "self teaching." His methodology in teaching these techniques has been proven time and again by players just like yourself!

Tactics:

As you become a better player and can apply the basics of the mental, physical and technical components of the "Essential Tools" you will find that to win games you have to be able to apply good tactics. You will get the chance everyday to apply the principles of individual, small group, and team tactics. Learn current systems of play and trends in the soccer world.

Training:

We expect that when you leave our camp that it will be with the expectation that you have learned and become a better player! This camp is designed to meet the needs of both the individual player and teams!