

# USF WOMENS SOCCER

## USF Advanced College ID Camp

July 23-27

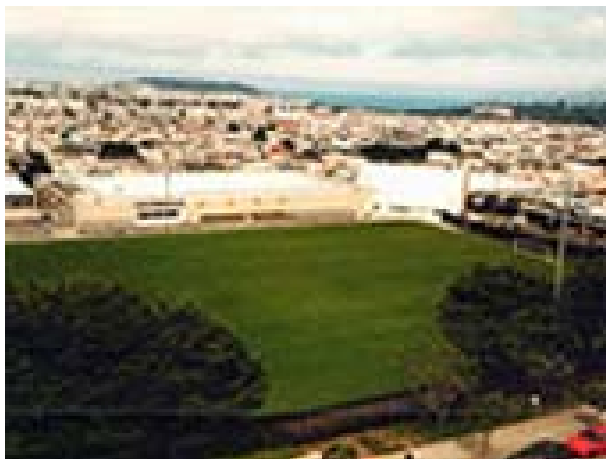
Girls, ages 14-18

\$650 Resident / \$500 Commuter

Check-in on first day: 3-4pm

Check-out on last day: 12 noon

Commuter hours: 8:30am-9pm



“The College ID camp at USF is a great way of discovering the campus, getting to know the coaches and finding out what it is like to be a college soccer player. It’s a win-win situation for both the player and the coach.” (Mark Carr, Head Coach USF Soccer)

The USF College ID Camp is a 4 day/ 3 night camp designed for high school age soccer players looking to challenge themselves and further develop their game as well as showcase their abilities for the USF Coaching Staff. College coaches and players will instruct and demonstrate the important qualities needed to perform at the college level.

Players will get hands on experience on what it is like to be a USF soccer player. There will be two sessions per day and an evening session in which players can showcase their talent in front of the college coaches on the famous Nogosco Stadium field. Players will take part in the actual training sessions that our USF players are put through on a day to day basis. There will also be an opportunity for players to play in an all star game at the end of the week. Players will attend evening talks and lectures on a wide variety of topics including college recruiting, goal setting, strength and conditioning and injury prevention.

### Typical Schedule

|                          |               |
|--------------------------|---------------|
| Wake Up                  | 7am           |
| Breakfast                | 7:30-8am      |
| Session 1                | 9-11:30am     |
| Lunch                    | 12-1pm        |
| Session 2                | 2-4:35pm      |
| Dinner                   | 5-6pm         |
| Evaluation games (11v11) | 6:30pm-7:30pm |
|                          | 7:45-8:45pm   |
| Lecture                  | 9:15pm-9.45pm |
| Lights out               | 10:30pm       |

### Coaching Staff



Mark Carr is the first year head coach of USF. Previously he was an assistant at UCLA for four years and helped guide them to four Conference Championships and Four Final Four appearances. He is a current Region IV ODP coach for U15 and U16 age group. He has experience coaching players of all ages and currently holds a USSF A License. He represented Charlton Athletic as a youth player.



Myka Peck is in her first year as an assistant coach at USF. Previously, she spent two years as an assistant coach at both CSUB and LMU. She was a four year starter and two year captain of LMU and has coached extensively in the youth game. Myka is about to undertake her USSF C License.

Other coaches include current D1 coaches as well as current and former USF soccer players.

If you are interested, please fill out the application form and necessary waivers and return with check to USF W Soccer Camps, 2130 Fulton St, San Francisco, CA 94117-1080

Please sign up early to avoid disappointment.