

WAIVER FORM

Since all campers will be under the age of 18, this waiver form must be signed by the child's parent or guardian.

STATEMENT

I understand that the Hawk Hill Girls Preseason Prep Soccer Camp at Swarthmore College, Swarthmore College, its staff and employees, and the camp staff are not responsible for any accident or injury occurring to

(child) _____ while attending camp.

(Parent/Guardian Signature)

Please list any pertinent medical information of which our staff should have knowledge:

Authorization to consent to medical treatment for a minor child.

I, (parent/guardian) _____, state that I am the natural parent and/or have legal custody of (child's name)

_____.
I, (parent/guardian) _____ authorize Jess Reynolds, head coach and camp director, to consent to any examination, anesthetic, x-ray, medical or surgical diagnosis treatment, and/ or hospital care to be rendered to this minor under the general conditions of special supervision and on the advice of any physician or surgeon licensed to practice when efforts to contact me are unsuccessful. This consent form is granted for the period of _____.

Parent/Guardian's Name (Please Print)

Parent/Guardian's Signature (Please Sign)

Date _____

Emergency Phone # _____

Medical Insurance Carrier _____

Insurance ID# _____

Carrier Phone # _____

NSCAA STATE DIPLOMA

The State Diploma is a five-hour course directed toward the person newly involved in coaching soccer. It is designed to help coaches working with players in the 5- to 10-year age range. Special emphasis is placed on understanding the physiological and psychological differences of coaching children

The course is designed to emphasize that the game itself essentially is the teacher and the focus of the coach at this level clearly is as facilitator. The curriculum focuses on the organization of a practice session, using small-sided games to enhance knowledge and fun, basic understanding of the Laws of the Game and information about the care and prevention of injuries. There is no testing in the State Diploma. All candidates must be at least 14 years of age at the time of application.

ADDITIONAL INFORMATION

WHAT TO BRING

- Soccer clothes ☼ cleats/flats/turfs ☼ shin guards swimsuit/towel ☼ casual clothes ☼ water bottle ☼ raingear ☼ soccer ball ☼ sheets ☼ running shoes ☼ pillow ☼ notebook and pen ☼

MEALS

Meals will be provided for camp participants by the Swarthmore College Cafeteria. Drinks & snacks will be for sale throughout the day.

Hawk Hill
Girls Preseason Prep
Soccer Camp
At
Swarthmore College



July 27th - 30th
OVERNIGHT
High School Ages Only

CAMP DIRECTOR

JESS REYNOLDS & LEE MITCHELL

610-660-3367 jessreynoldssoccer@hotmail.com

Jess Reynolds is in her seventh season as head coach of the Saint Joseph's University Women's Soccer Team. A 1997 graduate of the University of Delaware, she is the third head coach in the program's seven-year history. Jess is committed to leading the SJU team toward becoming a powerhouse in the Atlantic 10 Conference.

Lee Mitchell is in his second season as assistant coach of the Saint Joseph's University Women's Soccer Team. Lee is the current Director of Coaching at Mount Laurel Soccer Club in NJ. He is the Regional Technical Director for Region 3 for the NSCAA and Associate National staff member.

COACHING STAFF

Every member of the Head Coaching staff has either national or state coaching licenses or college coaching experience. Each group of campers will be led by a coach who will be assisted by a member of the Saint Joseph's Women's Soccer Team. It is the mission of the coaches at the Hawk Hill Girls Preseason Prep Soccer Camp to serve as positive role models while providing top instruction to our campers.

Coaches included but not limited to:

Todd Anckaitis Head Coach **Swarthmore College**

Lisa Benvenuto Head Coach **Neumann College**

Matt Gwilliam Assistant Coach **Marshall University**

Ginna Lewing Assistant Coach **University of Delaware**

BJ Callaghan Assistant Coach **Villanova University**

CAMP FEATURES

Trainer ☼ Collegiate Facilities ☼ Quality Shared Dorms
 ☼ Swimming ☼ Sports Psychologist ☼ Nutrition Lecture
 ☼ Fitness Trainer ☼ Time Management Lecture

NSCAA State Coaching Diploma

ABOUT THE CAMP

The Hawk Hill Girls Preseason Prep Soccer Camp at Swarthmore College is designed to demonstrate a taste of a typical college preseason. We want a holistic approach so it will be challenging, educational, and fun. There is also an option to obtain the NSCAA State Diploma. We believe that coaching gives you a greater insight into the game.

The camp will be held at the soccer facilities at Swarthmore College in Swarthmore, PA due to the resurfacing on Saint Joseph's fields. The camp will run on four grass fields which will allow participants to enhance ball skills and increase decision-making.

TENTATIVE SCHEDULE

Sunday		Monday	
1pm	Check In	7am	Wake Up
2pm	Opening Ceremonies	730am	Breakfast
230-4pm	FS: Transition From Attack To Defense	830-930am	CS: Getting Fit For College!
4-5pm	Pool/NSCAA State Diploma	930-11am	FS: Injury Prevention/How to prepare your body for practice/ Fitness with ball
5pm	Dinner	1130am	Lunch
7-9pm	7v7 Tournament	1-230pm	FS: Defending as A Form of Attack
9pm	Movie Night	230-330pm	CS: Sports Psychology/ Winning Mentality
11pm	Lights Out	330-430pm	Pool/NSCAA State Diploma
		5pm	Dinner
		7-9pm	7v7 tournament
		9pm	Team Building Activity
		11pm	Lights Out
Tuesday		Wednesday	
7am	Wake up	7am	Wake up
730am	Breakfast	730am	Breakfast
830-10am	FS: Transition Defending To Attack	830-10am	Systems of Play
10-11am	CS: Nutrition "The Human Machine"	10-1130am	Semis/Finals
11am	Lunch	1130-Noon	Closing Ceremonies
1230-2pm	Attacking Soccer	Noon	Check out
2-3pm	CS: Time Management		
3-5pm	Pool/NSCAA Diploma		
5pm	Dinner		
7-9pm	7v7 tournament		
9-930pm	CS: Systems of Play		
11pm	Lights Out		

CS= Classroom Session

FS= Field Session

HAWK HILL

GIRLS PRESEASON PREP SOCCER CAMP

AT SWARTHMORE COLLEGE

APPLICATION

Name: _____

Address: _____

Age: _____ Grade Entering 9/08: _____

School: _____

Shirt Size (Please Circle) Adult S M L XL

Experience (years, teams, positions): _____

Parent/Guardian: _____

Home Phone: _____

Email Address: _____

Roomate request: _____

July 27-30, 2008 (overnight)

High School Ages Only

___ Early Registration (Before April 1st) Individual \$475

Team Rate for Teams of 10 or more \$450

___ Tuition (After April 1st) Individual \$525

Team Rate for Team of 10 or more \$500

___ I wish to participate in NSCAA State Diploma (additional \$35.00)

Any person wishing to participate in the NSCAA State Diploma must have their application form in **NO LATER than JULY 1st 2008**

Due to limited enrollment, participants are urged to register as soon as possible. Applications will be accepted until July 18. (A \$100 non-refundable administrative fee applies for all cancellations.)

Please mail completed application and tuition check to:

Hawk Hill Girls Preseason Prep Soccer Camp

PO Box 266

Wallingford, PA 19086

Checks payable to Jess Reynolds