



REGIONAL TEAMS

Residential Training Camp

The Ontario Soccer Association
Presents:



2008 REGIONAL TRAINING CAMP

Ridley College
St. Catherines

Girls - July 29th – August 1st

Boys - August 5th – August 8th



Regional Training Camp Weekends

Rationale:

The amount of time spent to prepare players for Provincial Identification is critical. Having resumed weekly training after a one-month layoff, these residential training camps provide an additional forum to prepare players for the Fall Provincial Identification Camps. Professional Regional Staff will work together to deliver a weekend of unparalleled quality to our elite players as they begin careers towards Provincial & National Teams.

Camp Objectives:

- To deliver a professional developmental training camp environment to our Regional Players
- To increase the Regional Coach/Player contact
- To deliver extra material vital to the development of regional level players

Dates:

Girls: July 29-August 1

Boys: August 5-8

Location:

Ridley College
2 Ridley Road
St Catherines, Ontario
Telephone: 905-684-1889

For more Information on Ridley College including Maps & Directions please visit their website:
www.ridley.on.ca

Fees:

This Optional Residential Camp is not covered by your Regional Player Fees.

The \$350.00 Fee includes:

- Meals
- Accommodations
- Facilities
- Support Coaching Staff
- Medical Staff
- All training & match related costs
- Extra pair of Umbro training socks

These training camps are an optional training event with no reprisals for being unavailable to participate. Your Regional Coach requires your commitment to the training camp no later than June 15, 2008. Please detach & submit the enclosed registration form with your camp fee by June 15th. **For payments either date stamped by Canada Post or provided to your Regional Coach after June 15th to July 15st the cost is increased to an amount of \$375.00 per player.** Please make payment payable to the Ontario Soccer Association. We do not accept cash payments.

NO REGISTRATIONS WILL BE ACCEPTED AFTER JULY 15th.





Training Camp Schedule:

Time	Day 1	Day 2	Day 3	Day 4	
7:30AM		Wake Up			
8:00		Breakfast			
9:00		Theatre – Individual & Group Defending	Theatre – Individual & Group Attacking	Field – 11 vs 11 Games	
9:30		Field - Aerobic Warm-up			
10:00		Field Session 1 – Position specific	Field Session 3 – Technical & Tactical Training		
10:30					
11:00				Shower & Pack / Final Room Check	
11:30					
12:00PM		Lunch			Pick Up and Departure
12:30					
1:00		Theatre Nutrition	Theatre - Fitness		
1:30		Theatre – Team Defending	Theatre – Team Attacking		
2:00					
3:00		Check In	Field Session 2 – Regional Functional Training	Field Session 4 – Technical and Tactical Training	
4:00		Orientation - Theatre			
4:30		Team Building - Field	Shower		
5:30		Dinner			
6:00		Rest Time			
7:00		Field - Heading	Pre-Match Meetings		
7:30		Field – Small Sided Games	Field – 11 vs 11 Games	Field – 11 vs 11 Games	
8:00					
9:00	Shower / Pool & Cool Down and Snacks				
10:00	Lights Out				
Schedule subject to change					

Training Camp Checklist

Player Equipment

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Regional training kit & warm up suit <input type="checkbox"/> 2 pair black soccer shorts & socks <input type="checkbox"/> Water Bottle <input type="checkbox"/> Indoor & outdoor soccer footwear <input type="checkbox"/> Sandals/flip-flops <input type="checkbox"/> Shoe polish & leather conditioner <input type="checkbox"/> Rain wear including extra soccer kit <input type="checkbox"/> Sweat top or track top | <ul style="list-style-type: none"> <input type="checkbox"/> Toiletries <input type="checkbox"/> Towels <input type="checkbox"/> Sun tan / Sun Block Lotion <input type="checkbox"/> Swimwear <input type="checkbox"/> Sleepwear <input type="checkbox"/> Portable electric fan <input type="checkbox"/> Health Card <p>Laundry will be organized on site daily - It is important that you label all clothing with your name or initials</p> |
|---|--|

Do Not Bring:

- Club-wear, club uniforms, or club kit
- Street clothes
- Valuables

Registration

The Regional Training Camp is an **optional** training event with no reprisals for being unavailable to participate. Your Regional Coach requires your commitment to the training camp no later than **June 15, 2008**. Please detach & submit this registration form with your camp fee by **June 15** to:

The Ontario Soccer Association
Attention: Kevin Small
Regional Training Camp
7601 Martingrove Road
Vaughan, ON L4L 9E4

Please make payment payable to the Ontario Soccer Association. We do not accept cash payments.

Name & Gender:					Male <input type="checkbox"/>
					Female <input type="checkbox"/>
Region:	ONE <input type="checkbox"/>	THREE <input type="checkbox"/>	FIVE <input type="checkbox"/>	SEVEN <input type="checkbox"/>	
	TWO <input type="checkbox"/>	FOUR <input type="checkbox"/>	SIX <input type="checkbox"/>		
Emergency Contact:					
Emergency Phone:					

You will receive confirmation & directions/map to the facility from your Regional Coach during the week of July 16th

Payment Totals Options:

Prior to June 15: \$350.00 per player

After June 15 –July 15 \$375.00 per player

NO REGISTRATIONS WILL BE ACCEPTED AFTER JULY 15

