

**PLEASE TELL US ABOUT THE PARTICIPANT'S
SOCCER EXPERIENCE & SKILLS:**

MYSA level(s) played (Premier, C1, C2, C3),
including number of years played at each level:

Recreational/In-House, including years played:

Position(s) played: _____

Are you currently playing or
planning to play on a school team? _____

PARENTAL CONSENT FORM

I understand that the staff of the Crusader Soccer Camp may have to act in emergency situations requiring medical attention for my son/daughter, and I agree that they have my permission to do so. I hereby release the Crusader Soccer Camp, its staff members, and St. Croix Lutheran High School and Association for any claims for liability for any injury incurred by my son/daughter while at camp. It is further agreed that all risks involved in participation in this camp are assumed by the student and his/her parent(s) or guardian(s), who are also responsible for all medical costs incurred in case of injury while in attendance at the Crusader Soccer Camp.

PARENT/GUARDIAN SIGNATURE

DATE

If you have any questions, please call David Huebner at (651) 455-1521, x122 or (651) 454-5799. Please detach the registration form and send it with your payment to:

St. Croix Lutheran High School
Attn: Activities Office
1200 Oakdale Avenue
West St. Paul, MN 55118

OTHER SCL ATHLETIC CAMPS

Crusader Fastpitch Softball Camp

Open to girls in grades 4-9, the camp will be held on two Sunday evenings: March 4 & 11, 2012, from 6-8 pm. Instruction will focus on the fundamentals of fastpitch softball.

Crusader Basketball Camps

- * Girls entering grades 5-9: June 11-15, 2012
- * Boys entering grades 4-6: June 18-22, 2012
- * Boys entering grades 7-9: June 25-29, 2012

Instruction will focus on individual fundamentals within a team setting and emphasize solid person-to-person defense and strong offensive skills.

Crusader Volleyball Camp

Open to girls entering grades 6 through 9, the camp will be held July 23-26, 2012, and will teach fundamentals, defensive skills and offensive strategies.

Golf Camp

Open to both boys and girls entering grades 6 - 12, the camp will be held July 23-25, 2012, and will emphasize techniques and skills that are vital to understanding and playing the game of golf. Students of all skill levels are encouraged to attend, and it's great for advanced golfers, too.

Crusader Football Camp

Open to boys entering grades 6 through 9, the camp will be held August 6-10, 2012. Instruction will cover all positions, developing the skills essential to success in the game of football.

Crusader Wrestling Camp

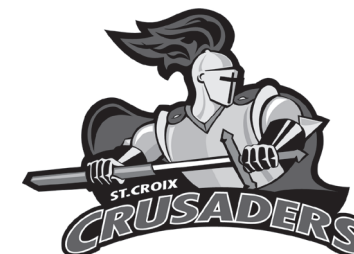
Open to boys entering grades 3 - 9, the camp will be held July 9-13, 2012, and will teach the fundamentals of wrestling; the skills and techniques that it takes to compete in the sport of wrestling as well as the self-confidence and self-awareness needed in this uniquely individualistic team sport.

**2012 ST. CROIX LUTHERAN
ATHLETIC CAMPS**



SOCCER

July 30 - Aug. 3, 2012



1200 Oakdale Avenue ■ West St. Paul, MN 55118
651.455.1521 ■ www.StCroixLutheran.org/sports

SCL 2012 CRUSADER SOCCER CAMP

When: Monday–Friday, July 30–Aug. 3, 2012

Time: 9:00 am to 12:00 noon

Who: All players entering grades 5–9

Cost: \$50.00 (early bird rate postmarked or received by June 1)
\$60.00 (after June 1)

ABOUT THE CAMP

The St. Croix Lutheran camp philosophy is to teach solid fundamental skills in soccer. The staff will be emphasizing techniques that are vital to the athlete in understanding and playing the game of soccer. This camp will be especially useful for beginner, intermediate, and advanced players who want to learn more about the game of soccer and improve on their current skills. Athletes will be matched according to their ability.

Emphasis will be placed on the positive mental attitude necessary in performing soccer skills. Our philosophy is to provide these solid fundamentals in a relaxed, yet enthusiastic and competitive environment.

The purpose of the Crusader Soccer Camp is to cultivate in the athlete an interest and excitement for the sport of soccer. They will be encouraged to take pride in reaching the highest level of achievement possible.

Instruction will cover multiple topics and will stress techniques and tactics. This camp will be a very productive experience for any player who wants to learn the skills needed to participate successfully in soccer.

TECHNIQUES COVERED

Dribbling — shielding, one-on-one skills, footwork, turning with the ball

Passing — accuracy and techniques using both feet

Shooting — power, accuracy and technique with both feet

Heading — defensive clearing and scoring

Receiving — Proper technique using different parts of the body

Conditioning — stretching, warm-up and cool-down exercises

COST

The camp fee is \$60.00. Registration deadline is July 16. (\$50.00 early bird rate postmarked or received by June 1.) The full fee is to accompany the signed registration/waiver form. A maximum of 80 participants will be accepted. The registration fee includes individual instruction, a camp soccer ball, camp t-shirt and awards. ***A camper is automatically accepted unless contacted within one week of receipt of registration form.***

TRAINERS

St. Croix's boys and girls coaches will conduct the main parts of the camp, with help from current Crusader players. Also contributing to the camp will be one of the professional English trainers who conduct our varsity camp. Derek Appleyard, Joseph Orr, and Mark Wielebnowski have extensive playing and coaching experience in America and overseas and love to work with the young players in our camps. All of our coaches bring a wealth of knowledge and enthusiasm to the camp. Our goal is to instill in our players a passion for the game and a desire to improve their skills and knowledge.

GENERAL INFORMATION

Each participant should be dressed and ready for physical activity each day. Please arrive 15 minutes early, as the session will start promptly at 9:00 am. Proper athletic shoes, socks, shorts, etc. should be worn. **Shin pads are mandatory.** Water will be available, but we ask that participants bring their own water each day also. All participants must supply their own health and accident insurance coverage. *(continued on back)*



SCL 2012 CRUSADER SOCCER CAMP REGISTRATION FORM

Registration Deadline: July 16, 2012, \$60.00 (\$50 early bird rate if postmarked/received by June 1)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

SCHOOL _____ CITY _____

HEIGHT _____ GRADE (NEXT YEAR) _____

GENDER: M F

T-SHIRT SIZE (ADULT SIZING): S M L XL

The full payment of should accompany this form; please make checks payable to St. Croix Lutheran High School. ***Be sure to read and sign the back of this form.***