Slippery Rock University
Women’s Soccer Residential Camp
July 24th – 26th

Schedule

Wednesday, July 24th:
1:00-2:30 – Arrival/Registration
3:00 – Camp Introduction
3:30 – Player Meeting and Session I
3:30-4:30 – GK Training
4:30-5:15 – Session I with GKS
5:30 – Dinner
7:00 – Session II and Match/Scrimmage
9:00 – Evening Activities

Thursday, July 25th:
8:30 – Breakfast
9:30-10:00 – GK Training
10:00 – Session III with GKS
12:30 – Lunch
2:00-2:45 – GK Training
2:00-2:45 – Session IV
2:45-4:00 – Session IV with GKS
5:30 – Dinner
7:00 – Session V and Match/Scrimmage
9:00 – Evening Activities

Friday, July 26th:
8:30 – Breakfast
10:00 – Session VI and Match/Scrimmage
12:00 – Camp Closing
1:00 – Checkout

Jessica Griggs
Head Women’s Soccer Coach
Jessica.griggs@sru.edu
(724) 738-2946
Camp Philosophy
Slippery Rock’s Player Camp is designed to totally immerse players in the game, giving them the kind of focused, intensive training we give our own college championship team. Players will receive valuable exposure in a competitive, yet enjoyable environment and will be assigned a head coach and counselor who will work exclusively with them throughout the camp. Small group tactics will be emphasized within the framework of game situations, allowing players to test themselves against strong competition. We promise you will leave the camp with a renewed energy and improved self-confidence; all key factors for growth as a player. Plus, you’ll have fun doing it!

Goalkeepers – During the camp, goalkeepers will receive specific training relative to their experience level while focusing on the important technical and tactical aspects of the position. Goalkeepers will be pushed to their full potential in the technical and tactical sessions, all resulting in your improvement as a goalkeeper.

Camp Information
Cost – Resident: $295, Commuter $255
Payment Info – Make all checks payable to “Slippery Rock University Foundation”, with Women’s Soccer in the memo line. A $50 non-refundable deposit is due with the application. Mail all applications to:
SRU Women’s Soccer Camp
Office of Conference Services
102K Robert M. Smith Student Center
Slippery Rock University
Slippery Rock, PA
16057

Registration Deadline – July 22nd
Contact – Jessica Griggs
Head Women’s Soccer Coach
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