



COLLEGE BOUND ACADEMY JULY 2018

DATES

- JULY 19-21

AGE

- 13-18

OTHER

- GIRLS

Gonzaga University women's soccer head coach, **Chris Watkins**, and his staff will help you refine your soccer skills while increasing your technical and tactical knowledge of the game. You will participate in demanding training sessions, small-sided games and plenty of team scrimmages. **Goalkeepers** are welcome and will have separate keeper sessions under the direction of Gonzaga goalkeeper coaches/players. If you want to attend as a goalkeeper, please indicate that position in your registration.

Gonzaga soccer camps are available for all levels of soccer players, however our College Bound Academy is designed for the serious collegiate hopeful. This is for a player who plays at a high level of competition soccer and is actively pursuing the opportunity to play soccer at the collegiate level. Many attend to showcase their abilities in the hopes of someday earning a spot on the Gonzaga soccer team roster. Camps not only will help you improve your overall knowledge of the game, but also will prove to be a valuable scouting and recruiting tool for the head coaches. Participants are grouped together by age and ability. Come join us for a fun and exciting week of camp while playing the most popular sport in the world!

BENEFITS

- PERSONAL INSTRUCTION FROM GONZAGA HEAD COACH, STAFF & PLAYERS
- RECEIVE TRAINING IN TECHNICAL AND TACTICAL ASPECTS OF THE GAME
- INCREASE KNOWLEDGE OF OFFENSIVE ATTACKING
- GAIN INSIGHT FROM CURRENT GONZAGA SOCCER PLAYERS
- TRAIN AND COMPETE AT YOUR SPECIFIC SKILL LEVEL
- RECEIVE VALUABLE FEEDBACK FROM COACHES

SPECIAL FEATURES

- SOCCER CAMP T-SHIRT
- Q&A WITH CURRENT GONZAGA PLAYERS
- LEAGUE COMPETITION
- ALL-STAR AWARDS
- INDIVIDUAL AND SMALL-GROUP ATTENTION
- GREAT CAMPUS ENVIRONMENT PARTICIPANTS
- BREAKFAST, LUNCH, AND DINNER PROVIDED FOR PARTICIPANTS

**July 19-21, 2018 College
Bound Academy
Information Packet**

****IMPORTANT NOTE** Participants and parents, please check the information packet again one week before camp begins for updates on your camp, particularly for check-in locations and times.**

CHECK-IN

All participants must check in.

The locations and times for check-in are as follows:

CBA Thursday, July 19 4:00-4:30 p.m.

Camp agendas and room assignments will be given out during check-in.
Meals begin Thursday night for dinner. Please eat lunch before check-in.
Check-in will be held at the Red Lion hotel beginning at 4 p.m.

CHECKOUT

Soccer Camp ends at 12:00 p.m. on Saturday. Participants should check out with the Red Lion Hotel directly.

Parents: After check-out time participants will not be required to have special permission to leave campus. Please make arrangements to pick up your athletes on time.

GENERAL SCHEDULE *A detailed agenda will be provided at check-in. This is a general schedule and may change.*

Thursday		Friday		Saturday	
4:00PM	Check-in @ Red Lion	8:00AM	Breakfast	8:00AM	Breakfast
4:30PM	Depart for Fields	9:00AM	Functional Training: Defending	9:30AM	Skills Challenge
5:00PM	Functional Training: Attacking	10:00AM	Transition Play	10:00AM	Bulldog Cup QUARTERFINALS/SEMIFINALS/ FINALS
6:00PM	Dinner	11:00AM	5v5 Tournament	11:30AM	Camp Wrap-Up
7:00PM	Possession Play	12:00PM	Lunch	12:00PM	Camp ends/Check-out
9:10PM	Head back to Red Lion	1:00PM	Campus Tour		
10:30PM	Lights Out	2:30PM	Mandatory REST		
		4:00PM	Shooters Academy		
		5:00PM	Skills Academy		
		6:00PM	Dinner		
		7:00PM	Bulldog Cup		
		9:10PM	Head back to RL		
		10:30PM	Lights Out		

Chaperone at Hotel: Assistant Coach Lexi Brown (509) 703-9546

FOOD AND HOUSING

Campus housing participants will eat in the cafeteria or catered meals provided by the camp. Lunch will be provided for all participants either by a catered meal or the cafeteria. There is a \$25 replacement cost for lost meal cards.

Campus housing participants will be lodged Thursday through Saturday night at the Red Lion River Inn, 700 N Division St, Spokane, WA 99202. Each room will have 3 or 4 girls to a room. There will be camp counselors that will walk the players to and from the hotel each morning and evening. The counselors will stay overnight with the campers for the duration of the camp. Red Lion River Inn is our overflow option in the summer when students have returned and other summer

camps are happening. Please ask Josh Patino, patino@gonzaga.edu, for a special rate the Red Lion will give to parents that would also like to stay there. Meals will begin on Thursday night and end on Saturday lunch.

SECURITY RULES

Participants should be aware of the following rules and precautions:

Do not bring a large sum of money or expensive items to camp.

Do not leave equipment unattended, except in designated secure locations.

Do not walk alone on campus or leave campus unattended (without a counselor, coach, or other camp staff member).

Due to safety and liability concerns, any participant found in or entering campus construction areas will be subject to immediate dismissal

CHECKLIST OF ITEMS TO BRING TO CAMP

- Cleats
- Water bottle
- Shin guards
- Sunscreen
- Clothing for workouts—T-shirts, shorts, athletic socks
- Clothing for free time and in the cafeteria
- Toiletries—toothbrush, soap, shampoo, etc.
- Emergency phone numbers
- Information on past injuries for trainers
- Alarm clock (campus housing participants)
- Spending money (optional) for snacks, souvenirs, prescriptions, etc.
- Camera (optional)

***Note: Write your name clearly on all items you bring to camp. Gonzaga University is not responsible for lost or stolen items.**

Items to leave at home include rollerblades, skateboards, water pistols, water balloons, fireworks, firearms, and knives. These items are inappropriate to bring to camp and will be confiscated. We also discourage you from bringing media devices, laptops, expensive items, and excessive cash. Cell phones and iPods are acceptable but must remain in your residence hall.

CANCELLATIONS AND REFUNDS

Only a participant and her parents have authority to request a refund. Full refunds, minus the \$50 nonrefundable portion of camp tuition, will be given on all cancellations requested by 5 p.m. 10 days before the camp begins. No refunds will be given after this deadline. For example, if you are attending the soccer camp beginning Thursday, July 20, refunds will not be given after 5 p.m. Monday, July 10.

The simplest way to cancel a camp registration is to email patino@gonzaga.edu with the participant name and camp ID number (confirmation number). Gonzaga University cannot be held responsible for any change or cancellation charges required by airlines, travel agencies or other institutions.

INSURANCE

Gonzaga University DOES NOT provide medical insurance for sports camps participants. Medical expenses incurred as a result of participating in a Gonzaga soccer camp ARE THE RESPONSIBILITY OF THE FAMILY OF EACH CAMP PARTICIPANT. Participants must carry primary insurance during camp or be self-insured..

ILLNESSES AND INJURIES

For minor illnesses, participants may choose to remain at home. Counselors or coaches must be notified in such cases. If medical treatment for a participant is deemed necessary, Gonzaga University will attempt to contact the parent or guardian. In the event the parent/guardian cannot be timely reached, the participant may be transported off-site to receive medical treatment.

Experienced athletic trainers will be on hand to treat injuries that may occur during workouts. For serious injuries, participants may be taken to the local hospital emergency room. Athletes are encouraged to begin strength, flexibility, and nutritional training prior to camp to minimize the risk of injury during camp. It is the camp participant's responsibility to follow the trainers' instructions.