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4" FOLD |

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OKLAHOMA STATE SOCCER CAMPS



SIGN UP NOW!

*Additional camp information
and registration forms:
osusocccamps.com*

Our Advanced Camps & Elite College ID Camp
are expected to sell out ... SIGN UP NOW!
Register online: osusocccamps.com



OSU Athletics Center
Stillwater, OK 74078



SIX-TIME BIG 12 CHAMPIONS
TWO-TIME NCAA ELITE EIGHT



OKLAHOMA STATE SOCCER CAMPS

2019 CAMPS

SPRING BREAK: MARCH 18-19

ADVANCED 1: JUNE 9-13

ADVANCED 2: JULY 7-11

ELITE COLLEGE ID: JULY 15-17



2019 OKLAHOMA STATE SOCCER CAMPS

CAMP	DATE	COST
SPRING BREAK CLINIC BOYS & GIRLS ALL AGES	MON., MARCH 18 TUES., MARCH 19	\$95 COMMUTER ONLY
ADVANCED CAMP 1 BOYS & GIRLS AGES 8-18	SUN., JUNE 9 THURS., JUNE 13	\$530 RESIDENTIAL \$375 COMMUTER
ADVANCED CAMP 2 BOYS & GIRLS AGES 8-18	SUN., JULY 7 THURS., JULY 11	\$530 RESIDENTIAL \$375 COMMUTER
ELITE COLLEGE ID CAMP GIRLS ONLY (7TH-12TH GRADE, PLUS JUCO, 2018-19 SCHOOL YEAR)	MON., JULY 15 WED., JULY 17	\$220 COMMUTER ONLY

Per NCAA rules, camp is open to any and all entrants, limited only by number, age, grade level and/or gender.

COWGIRL SOCCER

Now is a wonderful time to be a part of the OSU Soccer program. The Cowgirls have won **six Big 12 Championships** and earned a berth in the NCAA Tournament 11 times. Last fall saw the grand opening of **Neal Patterson Stadium**, which is a showcase for Cowgirl Soccer and one of the top soccer facilities in the collegiate ranks. A \$20 million project, the stadium is named for its major benefactor and Oklahoma State alumnus, the late **Neal Patterson**.

The Oklahoma State University Soccer Camps will be overseen by Camp Director and Head Coach (13 seasons) **Colin Carmichael**. He will be aided by Assistant Camp Director and Associate Head Coach (10 seasons) **Justin Elkington**, along with Assistant Coach **Michael O'Hare**. Speed and agility educational sessions will be conducted by OSU women's Strength and Conditioning Coach **Mallory Fowlkes**. These same coaches offer a program of soccer camps in 2019 that targets excellence at all levels of abilities.

CAMP PHILOSOPHY

The Oklahoma State Soccer Camp Staff is committed to providing a balanced learning environment that is both challenging and fun. Our desire is that you improve your soccer knowledge and skills as a result of your participation in the camp. Not only do we want you to improve throughout your week with us, but more importantly, we want you to be able to take things home with you that will continue to help you improve your game. General areas of focus that our experienced staff will focus on are individual technique, decision-making (tactical decisions) and functional training (specific positions). The ability to apply learned skills and knowledge will be emphasized during the evening competitions.

GOALKEEPER ACADEMY

The Goalkeeping Academy is run in conjunction with every OSU Soccer Camp and is available to those players currently playing goalkeeper or those who may be interested in playing. Goalkeepers of all ages and abilities are invited to attend. All of our camps will accommodate training for goalkeepers.

ADVANCED CAMPS

RESIDENTIAL CAMPERS (*stay overnight in dorms*)
Check-in information will be available online (or mailed if requested), once your application is received. Check-out is Thursday at noon. Meals will be served beginning Sunday evening for dinner, and ending Thursday morning for breakfast. Adult staff counselors provide 24-hour supervision of all campers.

COMMUTING CAMPERS

 (*go home each evening*)

Commuters will begin each day at 8:30 am and conclude at 4:30 pm. Lunch is provided. Evening sessions (6:00-8:30 pm) are available and encouraged for commuters but are not mandatory. Evening sessions are left to the discretion of the commuter's guardian who provides transportation. We will have a strict check-in and check-out policy for the commuter to ensure their safety. Commuters will follow the same check in policy at the start of camp as the residential campers.

MEDICAL CARE & INSURANCE

A full-time nationally certified trainer, and staff will be on duty 24 hours a day to attend minor injuries and ailments, on the field and in the residence halls. For more serious problems, the Student Health Center and/or the Stillwater Medical Center will be utilized. Accident/Medical coverage for the camp will be provided on an excess or secondary basis. This means that all claims for medical expenses as a result of injuries incurred during camp MUST be filed by the injured child's parent with their own insurance carrier. The camp policy will pay for those expenses not paid for under the parent's coverage, subject to the camp policy coverage limits, terms, conditions and exclusions. **A MEDICAL RELEASE FORM WILL BE SENT TO YOU VIA EMAIL AS PART OF YOUR CONFIRMATION EMAIL. YOU SHOULD FILL IN THE FORM AND UPLOAD IT TO YOUR ONLINE ACCOUNT. IF YOU REGISTER OFFLINE WITH A TEAM, YOU CAN FILL IN THE FORM AND MAIL IT, FAX IT, OR BRING IT WITH YOU TO CAMP CHECK-IN. NO CAMPER WILL BE ALLOWED TO PARTICIPATE WITHOUT A COMPLETED MEDICAL RELEASE FORM.** Every effort is made to protect the health and safety of our campers. The camp assumes no responsibility for accidents or illness.

CHECK-IN PROCEDURE

Check-in for Advanced Camps will be at the residence hall Sunday (1st day of camp) between noon and 2:00 pm.

Check-in is alphabetical: A-K 12:00-1:00 pm L-Z 1:00-2:00 pm

Spring Break Clinic and Elite Camp check-in will be at the Sherman Smith Training Center

FACILITIES/MEALS

OSU Soccer Camps utilize the campus facilities at Oklahoma State University, including Neal Patterson Stadium, Sherman Smith Training Center and Boone Pickens Stadium. Residential campers will be housed in suite-style dorms. All meals will be catered.

TYPICAL DAILY SCHEDULE

7:00 - 8:00 AM	BREAKFAST
8:30 - 9:15 AM	SPEED & AGILITY EDUCATION
9:30 - 11:00 AM	TRAINING (TECHNICAL)
11:30 - 12:30 PM	LUNCH
1:30 - 3:00 PM	TRAINING (TACTICAL)
3:15 - 4:15 PM	SWIMMING / LECTURE / REST
4:30 - 5:30 PM	DINNER
6:00 - 8:30 PM	MATCHES
9:00 - 10:00 PM	FREE TIME IN DORM

*As a group, campers and staff may watch some international or other professional matches on TV during camp.

DISCOUNTS

ADVANCED CAMPS:

- **Team Discount – \$40 off per camper** (Minimum 10 campers, offline only)
- **Sibling Discount – \$40 off per camper** (*Limit 1 discount per person*)

NON-RESIDENT CAMPS (SPRING BREAK/ELITE/JUNIOR ELITE):

- **Team Discount – \$15 off per camper** (Minimum 10 campers, offline only)
- **Sibling Discount – \$15 off per camper** (*Limit 1 discount per person*)

REGISTRATION

A MINIMUM \$100 NON-REFUNDABLE DEPOSIT IS REQUIRED with the offline application for Advanced Camps. Online registration for Advanced Camps, as well as Spring Break/Elite camps, require payment in full at time of registration. **Team registration is offline only.**

ONLINE REGISTRATION

Use your credit card to register at osusocccamps.com.

- **Credit card only (paid in full)**

OFFLINE REGISTRATION

Pay via check, money order or cash. Forms available at osusocccamps.com under "Helpful Information/Links." Print and return registration along with deposit or full payment (made out to "OSU SOCCER CAMPS") to:

OSU Soccer Camps
160 Athletic Center
Stillwater, OK 74078
405-744-9605 (fax) / 405-744-3343 (phone)
cowgirl.soccer@okstate.edu