

CAMP OVERVIEW

The Crunchtime Santa Fe soccer camp is a high intensity sports camp designed to prepare the player for the rigors of high school try-outs and play. The camp will concentrate on the Technical, Physical and Psychological aspects of the game.

A typical day will include Technical training under pressure, including passing and receiving, heading, and dribbling. Physical training will be interspersed throughout the two-and-a-half hour session. Various physical testing devices will be used to assess each player's conditioning status, including the "beep test," Separators, and modified Cooper.

Throughout the camp, players will receive information on how to successfully compete for placement on a high school team

Northern Soccer Club
2213 Brothers Road, Suite 100
Santa Fe, NM 87505
Phone (505) 982-0878
Fax (505) 982-6114
www.northernsc.org

Crunchtime Santa Fe Boys Soccer Camp 2008

August 5-8

De Vargas Middle School

*Prepare yourself for tryouts with
this camp specifically designed
for male high school players*



Crunchtime Santa Fe

WHEN August 5 – Aug 8, Tues – Fri
9:00am – 11:30am

WHERE De Vargas Middle School Field

COST \$60 per player – Cash or Check
payable to **Gregory Rusk**.

Send to: Northern Soccer Club

Attn: Gregory Rusk

2213 Brothers Rd, Suite 100

Santa Fe, NM 87505

- High School age boys (7th – 12th grade)
- Each Participant is expected to bring:
 - Size 5 Soccer Ball
 - Proper Footwear for Field and Road Training (“Cleats & Flats”)
 - Water (1 gallon minimum)
 - Sunscreen
- CHECK-IN: August 5th at 8:40am.

FOR MORE INFORMATION
CALL 505-603-1166 or
email: gregoryrusk@hotmail.com

Camp Instructors

Gregory Rusk

- USSF “A” License, NSCAA Advanced National Diploma, & USSF National Youth License
 - Director of Coaching, Northern SC
 - Former Collegiate and High School Coach
- Harvard University Assistant Coach
New Mexico Highlands Head Coach
RMAC Coach of the Year, 2001
- La Cueva High School Head Coach
5 times NM State Champions

Dr. Bill Hayward

- USSF “A” License
- Professor of Exercise Physiology
- Former Head Coach, Lynchburg College
- Former Professional Soccer and Rugby Player

The remainder of the Crunchtime Santa Fe Staff is comprised of high school coaches, club coaches, and former collegiate players. Our staff is passionate and committed to the development of each individual participant.

APPLICATION & WAIVER FORM (Please PRINT CLEARLY, sign, and return with payment to **Gregory Rusk**)

NAME _____ **INSURANCE CARRIER** _____
ADDRESS _____
CITY, STATE, ZIP _____ **POLICY NUMBER** _____
PHONE _____ **HS ATTENDING** _____

Waiver form: I understand that soccer is a physical activity that has certain inherent risks that could result in physical harm and, in extreme cases, death. I understand the risks involved and I hereby release the camp and its employees from any and all liability for any physical injuries or illness that may occur to the above named camper while attending the Crunchtime Santa Fe Soccer Camp. I have no knowledge of any physical impairment that would be affected by the above camper’s participation. I also verify that the above named camper is covered by my personal medical insurance policy. Furthermore, I hereby authorize the staff to act for me according to their best judgment in any emergency requiring medical attention.

PARENT SIGNATURE: _____ **DATE:** _____