

# Central Arkansas Girls Soccer Academy



## 2010 Brochure

Our commitment is simple: We want every player to leave camp excited about playing this great game. This will be done by creating a first class learning environment that will be fun, challenging and developmentally age appropriate.

### Camp Director



Tina Banham will begin her 10<sup>th</sup> season as the UCA Women's head coach in 2010. 2009 will be the first year women's soccer will be eligible for the Southland and NCAA division I tournaments. Banham was named the Gulf South coach of the year in 2002 and has coached nine all-conference players. Banham has compiled a 61-54-4 record at UCA. Banham came to UCA from Lambuth University, where she served as head coach of the women's program from 1998 to 2000.

### For More Information

Phone: 501-764-0801

Email: [tinasoccer@ucasoccer.com](mailto:tinasoccer@ucasoccer.com)

[www.casacamps.com](http://www.casacamps.com)

Central Arkansas Girls Soccer Academy  
CAGSA  
PMB 129  
2625 Donaghey Ave. Ste. 108  
Conway, AR 72034



## Day Camp

**Mon. June 14 – Thurs. June 17**  
**9-10 am (ages 4 to 6) \$50 per player**  
**9-11 am (ages 7 to 10) \$80 per player**

Day Camps are designed to introduce campers to basic soccer techniques through a "Games and Activities" approach to learning while having fun. This creates an environment that develops creativity and problem solving skills that brings out the game within each child. Dribbling, passing, shooting and heading will be techniques covered, while exposing them to tactical decisions through small-sided play.

Campers should arrive and depart each day from the UCA Football Stadium, located on Bruce Street.

**What to bring:** Each camper should bring a soccer ball, proper shoes, shin guards, sun block and plenty of water.

## Residential Camp

**Sun. July 11 – Thurs. July 15**  
**Ages 10 to 18**  
**\$390 per player (residential)**  
**\$340 per player (commuter)**

Whether you are aiming for a club, high school or collegiate playing career, attending a CAGSA camp will help you realize your goals. A specifically designed curriculum will emphasize the development of the individual player. A daily schedule of individual, small group and team instruction will feature the best and most effective training techniques available. Evening games will provide the opportunity to apply what you have learned.

## Goalkeeper Camp

**Sun., July 11 – Thurs. July 15**  
**Ages 10 to 18**  
**\$390 per player (residential)**  
**\$340 per player (commuter)**

This camp, which is held at the same time as the Residential camp, will cover all aspects of goal keeping. Topics include, but are not limited to: positioning, catching, foot work, distribution, diving, one-on-one, communication, conditioning and the psychology of goalkeeping. The goalkeepers will have the same exciting activities and benefits found in the Residential Camps.

# Residential Features

The CAGSA will feature a College Recruiting Forum & Peer Talks that will provide campers with the opportunity to interact with college coaches and players about what it takes to be a successful college player. Special sessions and demonstrations will be held regarding speed, strength and conditioning for the elite soccer player.



# What to Bring

Bed linens, blanket and pillow, towels, toiletries, soccer ball, shin guards, soccer shorts, t-shirts, socks, soccer shoes, shoes that can be worn indoors, water bottle, sun block, gym bag, spending money and a lot of enthusiasm.

# Outstanding Facilities

The CASA facilities are the same as those used by the athletes at UCA. We have three full size soccer fields, the Pepsi Americas Center, tennis courts and other facilities to insure a week of enjoyment. Campers will be housed in air-conditioned residence halls and enjoy all-you-can-eat meals.

# Supervision

Adult staff members will live in the residence halls with the campers, providing 24-hour supervision. A fully qualified athletic trainer will be on-duty 24-hours a day and will attend all sessions. In addition, UCA provides residence halls and campus security.

# Discounts

In an effort to make Central Arkansas Girls Soccer Academy more affordable, a discount is available if registration is post-marked on or before May 20<sup>th</sup>. (see registration page for pricing information) If a family has three or more attending any one camp they are entitled to a \$5 per child discount. All three registrations must be received in the same envelope.

# Arrivals & Departures

## Residential Camp

**Check-in** will be from 1-3 pm at the location specified in your camp packet (your will receive this after signing up for camp)

**Check-out** will be 12 pm the last day of camp, following closing ceremonies. Detailed information on check-in/out will be in your camp packet (your will receive this after signing up for camp)

# Tuition

## Residential Camp

Tuition includes: four nights lodging, 11 meals (Sunday dinner through Thursday breakfast), T-shirt, instruction and secondary insurance.

# Commuters

The CASA welcomes commuters to attend Residential camps. Commuters will participate in all activities in camp, beginning with registration. A commuters' day will begin at 9:00 a.m. and end at approximately 8:00 p.m.

# CASA REGISTRATION FORM

(Please print or type) Name \_\_\_\_\_ Age at camp \_\_\_\_ Grade \_\_\_\_ Position \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Home Phone \_\_\_\_\_ Email \_\_\_\_\_  
(required)

Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_

Roommate Preference \_\_\_\_\_ T-shirt Size YM YL AS AM AL AXL

Please check your camp:

Camp Name	Before May 20	After May 20
Girls Day Camp (June 14-17) 9 am – 10 am	Ages 4-6 _____ \$40	_____ \$50
Girls Day Camp (June 14-17) 9 am – 11 am	Ages 7-10 _____ \$70	_____ \$80
Girls Residential Camp (July 11-15)	Ages 10-18 _____ \$370	_____ \$390
Girls Commuter Camp (July 11-15)	Ages 10-18 _____ \$320	_____ \$340

Total Amount Enclosed \_\_\_\_\_ Team/Club Name \_\_\_\_\_

(A \$100 Non-refundable deposit is required for each residential application to be processed. Day camp tuition must be paid in full)

Please make checks payable to:

Central Arkansas Girls Soccer Academy

CAGSA

PMB 129

2625 Donaghey Ave. Ste. 108

Conway, AR 72034

## Medical Release Form

It is the responsibility of the camper's parents or legal guardians to ensure that the camper is healthy and has no physical problems which would prevent the camper's participation in camp activities. Responsibility for primary medical insurance coverage rests with the camper.

Name \_\_\_\_\_ SSN \_\_\_\_\_

Insurance Co. \_\_\_\_\_ Policy # \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Phone (primary) \_\_\_\_\_ Phone (secondary) \_\_\_\_\_

Special Medial Needs \_\_\_\_\_

This certifies that \_\_\_\_\_ has had a physical examination by a licensed physician in the past year and is free from any illnesses or injuries that would prevent him/her from participating in any activities at the Central Arkansas Girls Soccer Academy. I understand that soccer is an active, physical sport and that injuries can take place during camp activities. I authorize any medical treatment that might be advised by physicians or trainers available to the Central Arkansas Girls Soccer Academy while my child is present at camp.