

Allegheny Valley Soccer Academy

USC Girls Team Camp

When

Sunday August 3, through
Thursday August 7

Where

Family First Sports Park,
Erie PA

Tuition

\$335
per player

Camp Features

1. Leadership/Team Building

Do you want to improve your team's chemistry and cohesion, both on and off the field? Do you want to improve the quality and effectiveness of your team's communication? Do you want to improve your team's ability to mentally and emotionally handle pressure? The staff of the Leadership Institute of Family First Sports Park will work with your team to help address these issues. The Leadership Institute will also provide additional intervention, counseling and coaching if desired to help address problems unique to your team or the development of individual players.

2. Fitness Development

In addition to field training, morning fitness sessions will be conducted in a circuit format. Our professional, in-house fitness staff will also be available to provide additional fitness training that will be a great opportunity to access and develop further knowledge about a variety of conditioning training,

3. Housing Accommodations

If you are going to play in a state-of-the-art complex, you should relax in one as well. All teams have the

option to stay in our Housing and Conference Center. This complex, located just 50 feet from the basketball center, features a 420-person dining hall, 116 rooms and a large clubhouse that has everything from arcade games to pool tables and much more.

4. Equipment

Camp t-shirt provided for every player for evening games. Residential campers are required to bring the following items: several pairs of socks, change of shirts and shorts, indoor and outdoor soccer shoes, pillow, pillowcase, bedding (blankets and sheets), or sleeping bag, towels, wash cloths and soap. Bring your own lock. Lockers are provided in your rooms. Don't forget a bathing suit for beach soccer and Splash Lagoon. Campers may also want to bring their own water bottle, sunscreen, flats and money for recreation.

5. Fun Center

A pass is provided for each player. The Fun Center includes: miniature golf, go-karts, bumper boats, rock wall.

USC Girls Camp Registration

Name: _____

Address: _____

Phone Number: _____

Emergency Contact: _____

and Phone Number _____

T-shirt size: (circle one) S M L XL

E-mail Address: _____

Transportation: Bus will be leaving USC High School at 9:00 AM August 3.

Meals: The participants will receive lunch and dinner on Sunday and all meals each day at Family First Dining Cafe.

All participants will be required to sign a liability form from Family First Sports Park.

Make checks payable to AVSA and submit your booster president or coach.



For additional questions contact, Camp Director, Mike Blatz at mblatz@verizon.net or 412-580-3781