

Medical Instructions

If you have any specific medical instructions for our staff, please indicate them in the space below. A trainer will be on hand. Emergencies will be treated at a local hospital.

Name: _____

Allergies: _____

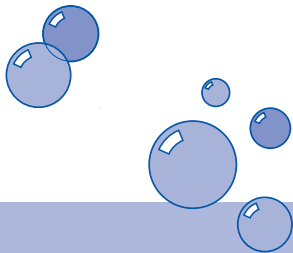
Doctor's Name: _____

Telephone: _____

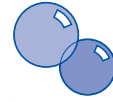
Insurance Co.: _____

Policy #: _____

SSN #: _____



Lady Captains Soccer Camp
2313 Barnsely Court
Virginia Beach, VA 23456



Lady Captains Soccer Camp
SUMMER2009



SUMMER2009

Lady Captains Soccer Camp



CAMP DATES:
June 29 - July 2 and August 10 -13

GIRLS:
Age 4-6 Half Day
Age 7-17 Full Day

For more information, call 757-572-5301



Camp Director Ruth Keegan

Keegan's coaching experience has come at several different levels. She served as an assistant at Old Dominion University from 1996-2006, and was the head coach of the soccer squad at Granby High School in Norfolk during the 2007-08 season.

"I'm delighted to have the opportunity to lead the Christopher Newport women's soccer program," Keegan says. In her first season with the Captains, Keegan was named the conference's 2008 Coach of Year.

Keegan, a native of Dublin, Ireland, graduated from Methodist College in 1995, and was an All-American and Dixie Conference Player of the Year while with the Monarchs. Her playing experience also includes five years with the Republic of Ireland national team.

You can contact Coach Keegan at ruth.keegan@cnu.edu.

Coaches

The Lady Captains camp will have an experienced coaching staff. All CNU coaches will be present as well as current and former CNU players.

Camp Schedule & Pricing

CAMP DATES:

June 29 - July 2 and August 10 -13

GIRLS:

Age 4-6 Half Day 9:00 a.m. - 11:30 a.m.

Age 7-17 Full Day 9:00 a.m. - 2:30 p.m.

Please make checks payable to Ruth Keegan

PRICING:

\$100.00

\$150.00

SCHEDULE:

9:00 - 9:30		Individual Skills/ Warm-up Games
9:30 - 11:30		Individual Skills/Tactics/Fundamentals
11:30 - 12:30	<i>LUNCH</i>	Players may bring a bag lunch or buy food at the new David Student Center. Chick-fil-A and Stone Willy's personal pizzas as drinks and snacks will be available each day.
12:30 - 2:30		Team play/Games/Competitions and Indoor Soccer at the Freeman Center

What to Bring

- Soccer Ball
- Shin Guards
- Bag Lunch
- Indoor Soccer Shoes/Tennis Shoes

Each camper receives a camp T-shirt.
Water will be provided.



Directions

Players will meet every morning at 9:00 a.m., at the CNU Soccer Field. Take University Place off Warwick Blvd. and it takes you right to the fields. Registration will also be located there. Please pick up your child promptly at 2:30 p.m., unless other arrangements have been made.

Application

To Enroll: Tear off this portion, complete and return it along with the deposit (\$75) or full payment to the address below. Cash is strongly discouraged at registration on the day of camp.

(Check, Money Order Preferred)

Mail Application and Payment to:

2313 Barnsely Court Virginia Beach, VA 23456

Make Checks payable to: Ruth Keegan

CHECK ONE: June 29-July 2 August 10-13

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone (____) _____

Other Phone (____) _____

E-Mail _____

School _____

Date of Birth _____ T-Shirt Size _____

Do you want a soccer ball? (\$25.00) Size 4 or 5 _____

Primary Position _____

Secondary Position(s) _____

Parents Name(s) _____

Method of Payment: Cash ___ Check ___ Other ___

Check # _____

A check for \$75 must be enclosed to insure enrollment in the camp. This fee is non refundable, but may be returned in whole or in part, if for unusual circumstances the applicant must withdraw. Please enclose any special instructions or comments on a separate sheet.

I agree to assume complete financial responsibility for any personal responsibility for any personal injury or property damage created as a result of an intentional or negligent act of my child or ward while he/she is enrolled at the Lady Captains Soccer Camp, while participating in any activities of the same.

The Lady Captains Soccer Camp has a liability insurance policy which will cover many instances of the above; however, we require the above statement to be signed prior to enrollment.

An accidental sickness policy will cover each camper while he/she is participating in the program.

I hereby give permission for my child to be medically treated for injuries or illness during his/her stay at the Lady Captains Soccer Camp.

Signature _____

For additional information, contact Coach Keegan at 757-572-5301 or e-mail her at ruth.keegan@cnu.edu