



2009 Advanced Training Camp

What: Congaree Rapid SA Advanced Training Camp

Where: River Bluff Baptist Church – 100 Old State Road, Cayce, SC 29033 in the Riverland Park subdivision

Dates: August 7-9, 2009

Time: Friday (6:00-8:00 pm); Saturday (Session 1 – 9:30-11:30 am / Session 2 – 4:00-6:00 pm); Sunday (3:00-5:00 pm)

Cost: \$85 for CRSA registered players; \$95 for players not registered with CRSA – T-Shirt included in registration

Trainers: Members of CRSA Coaching Staff

Ages: This program is designed for both boys and girls who will be playing in the U13-U18 Select age groups in the fall season. These sessions are not restricted to CRSA players. However, it should be understood that this camp is NOT a beginner's camp and a standard of skill, ability, and fitness will be required. Only *serious* soccer players need apply.

Sessions: Higher order training will be the focus including:

- ? Team Tactics
- ? Principles of Attack
- ? Principles of Defense
- ? Small-Sided Play
- ? Integrated Team Play
- ? Specialized Goalkeeper Training

For more information, please contact CRSA Director of Coaching Kevin Heise at kevin@scsoccer.com or 803-447-6496.

You may pay online at www.scsoccer.com/crsa/rapid.htm or via check. Please make checks payable to CRSA and mail to:

CRSA
PO Box 2135
West Columbia, SC 29171

Registration for CRSA Advanced Training Camp is due July 26th. Simply cut the bottom of this sheet off and mail to the above address.

Please visit our CRSA website at www.scsoccer.com/crsa for more information about our club.

CRSA ADVANCED TRAINING CAMP 2009

Player Name: _____ Age: _____ Birthdate: _____ Grade Entering: _____
Address: _____ City: _____ Zip: _____ School: _____
Parents/Guardians: _____ Cell Phone: _____ Home Phone: _____
T-Shirt Size (circle one): YXL AS AM AL AXL
Contact Email: _____



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