



2016 Port Washington Super Camp

This Super Camp is mainly for varsity players, or players entering grades 11 & 12. It encompasses tactics/conditioning. Cost is \$100. After 07/29/16, a late fee of \$10 is added. This camp is located @ Justice Park, in Port Washington, August 8 - August 12, 2016, from 5:00 - 7:30 p.m. In addition, scrimmages will be held each evening with players from other schools, with tournament play on Friday. The following schools are included at this time: Cedarburg, Hartford, Grafton, Port Washington, Homestead and Plymouth.

Camp Objectives

Individual Ball Control

As a camper you will be presented with a variety of ball control skills each day! Proper technique will be shown using a 1v1 format. Feints, fakes, cuts, drags, step overs and the scissors are some of the technical skills emphasized.

Team Offense

1v1, off the ball movement, 3rd player running, and proper positioning will be stressed using small sided games. Proper spacing, collecting & turning with the ball will be emphasized. The 1v1 model will gradually build to the 5v5 model, ending in 11 a side.

Team Defense

Team & individual defense will be presented with a slightly different twist. Pressure, cover & support will be covered. In addition, what you do without the ball, & how you do it, affects both your own team & your opponent. Getting your opponent to dribble & pass the ball where you want is huge!

Team Conditioning

Conditioning will be an integral part of the camp, both with and without the soccer ball. Trainers are brought in to assist you so that you are in the best condition possible before the high school season starts. They are also available for taping, injuries, etc.

Registration Form

I would like to enroll in the 2016 Kick It Up A Notch Soccer Camp. I hereby waive, release and forever discharge directors, coaches, & support staff from any liability of claims arising out of any loss, personal injury, or property damage that may occur during participation in these camps. In case of emergency, I grant permission for my son or daughter to be given emergency medical treatment.

Players Name: _____ Age: _____ Sex: _____
 Parents Name/Guardian: _____ Phone: _____
 Address: _____ City: _____ Zip: _____
 Emergency Contact: _____ Phone: _____

Circle t-shirt size: AS, AM, AL, AXL.

Circle your high school: CHS, HUHS, GHS, PWHS, HHS, PHS, Other.

Parent (s) Signature: _____



Quality soccer balls available for \$25.

Kick It Up A Notch Soccer Camp
 P.O. Box 423
 Cedarburg, Wisconsin 53012