

CAMP COST: \$175.00 - 5 DAY FULL DAY CAMP - INCLUDED CAMP T-SHIRT NO REFUNDS

CAMP COST: \$90.00 - 5 HALF DAY CAMP - 9:00am to 12:00pm - INCLUDED CAMP T-SHIRT

CAMP DATES (circle the week) Location - *LUSC Soccer Complex - Highbury & Oxford St.*

JULY 6 - 10 July 13 - 17 July 20 - 24 July 27 - 31 Aug. 3 - 7

Applications must be received no later than 2 weeks prior to camp date - Limited Space - First come, first serve

PLEASE CIRCLE T-SHIRT SIZES: Youth Medium Youth Large Adult Small Adult Medium Adult Large

CHEQUES PAYABLE TO: LONDON GRYPHONS
 MAILED REGISTRATIONS TO: 841 WELLINGTON ROAD SOUTH, UNIT 3D, LONDON, ON N6E 3R5 - PH. 519-681-5861

NAME _____ ADDRESS _____ POSTAL CODE _____

HOME PHONE # _____ BUSINESS PHONE # _____ EMAIL ADDRESS _____

AGE _____ CURRENT LEVEL OF SOCCER PLAYED _____ CURRENT CLUB PLAYING FOR _____

PARENTAL GUARDIAN ACKNOWLEDGEMENT: I hereby personally and as a parent or guardian of the applicant release you, your officials, directors, officers and/or executive of actions and/or lawsuits arising from any injury and/or accident to the applicant/player during games, practices, and/or any other activities and/or while en route to or from said games, practices, and/or other camp activities. Also, by the signature below, I certify that the information given in the application is true and accurate.

Signature of Parent/Guardian _____ Print - Parent/Guardian's Name _____ Date _____

OPTION: REGISTER ON LINE at <http://www.londongryphonsoccer.ca/>

CAMP MISSION STATEMENT

THE PURPOSE OF THESE CAMPS IS TO CREATE AN ENVIRONMENT IN WHICH CAMP PARTICIPANTS FEEL COMFORTABLE CHALLENGING THEIR SOCCER AND ATHLETIC ABILITIES. OUR INSTRUCTORS UTILIZE A HANDS-ON STYLE OF INTERACTION WHICH WE FEEL IS CONDUSIVE TO FOSTERING SKILL DEVELOPMENT AND FURTHER EDUCATING EACH CAMPERS GAME UNDERSTANDING.

FEES

Full Day (9-3pm) \$175 Half Day (9-12pm) \$95
 Early Drop Off (8-8:45 am) \$ 5 Extra Daily
 Late Pick-Up (3-4 pm) \$ 5 Extra Daily

CAMP CURRICULUM COVERED

- SPEED & AGILITY
- BALANCE & COORDINATION
- STRETCHING & FLEXIBILTY
- TACTICAL TRAINING
- INJURY PREVENTATION
- SPORTS NUTRITION
- LAWS/RULES OF THE GAME
- INJURY TREATMENT
- POST GAME RECOVERY
- DRIBBLING
(BREAKDOWN & COMBINATION MOVES)
- BALL CONTROL
(1ST TOUCH) FOOT & TOTAL BODY CONTROL
- SHOOTING
(DRIVEN SHOTS, TUCKING, FINESE FINISHING)
- HEADING
(ACCURACY, POWER, OFFENSIVE/DEFENSIVE)
- PASSING
(SHORT/LONG DISTANCES, HIGHBALLS, COMBINATIONS)
- DEFENSIVE TECHNIQUES
(STANDING/SLIDE TACKLES, ANGLING, POSITIONING & ANTICIPATION)



Concession open between 11:45 a.m. and 1:00 p.m. - Sports Drinks, Water Bottles, limited hot food (hot dogs & pizza), freezies, fruit (apples, oranges, bananas)



Also included in camp registration fee is camp t-shirt, certificate of participation and Two Free tickets to next Gryphons' home game



PLAY WITH PASSION. LIVE THE GAME.

PLAYERS MUST BE RESPONSIBLE FOR BRINGING THERE OWN LUNCH, WATER, SUNSCREEN, SOCCER & RUNNING SHOES, SHIN GUARDS & HAT



Main Inside Heading



Caption describing picture or graphic.

The most important information is included here on the inside panels. Use these panels to introduce your organization and describe specific products or services. This text should be brief and should entice the reader to want to know more about the product or service.

You can use secondary headings to organize your text to make it more scannable for the reader.

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Secondary Heading

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home

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com