

# Camp Descriptions

## Soccer Tykes Camp, ages 3-5.

Following the guidelines for youth sports, this camp focuses on FUN activities in a stimulating environment. The children will learn the very basic fundamentals of the game of soccer and improve their general coordination by playing games that are not necessarily closely related to soccer. This FUN camp will be run by our highly experienced camp staff and will certainly convince your child that soccer is a great sport!

<b>Dates:</b> June 22-25	9am-10am	Apex
June 29-July 2	9am-10am	Chapel Hill
July 13-16	9am-10am	CH and Durham
July 20-23	9am-10am	Apex
July 27-30	9am-10am	CH and Durham
August 3-6	9am-10am	Chapel Hill

## Half Day Camp, ages 6-14.

Players of all levels are welcome to spend mornings full of fun, soccer and sport activities in a relaxed atmosphere. The curriculum is designed to improve the players' technical skills by fun activities which often can't be played during the regular soccer season. Every day usually closes with the children competing against each other in small-sided games that guarantee fast-paced fun with lots of scoring opportunities for each player. Depending on the number and age of players, groups will be formed to ensure the participants gain the most out of this exciting and yet challenging camp!

<b>Dates:</b> June 22-25	9am-12pm	Apex
June 29-July 2	9am-12pm	Chapel Hill
July 13-16	9am-12pm	CH and Durham
July 20-23	9am-12am	Apex
July 27-30	9am-12pm	CH and Durham
August 3-6	9am-12pm	Chapel Hill

## Advanced Technical Camp, ages 10-17.

Professional players often let us wonder what great things are actually possible with a soccer ball. Although we know that not every soccer player will end up being a Ronaldo or Messi, we are convinced that a good technique is the basis to become a great soccer player. At this camp we will focus on improving the individual player's skills such as dribbling, passing, receiving and 1v1. Triangle United's directors of coaching and its highly qualified staff will make sure all the players will come out of their comfort zone and maximize their technical abilities. At the end of the session they will be able to use their newly learned skills in highly competitive small-sided games. This is definitely the right camp for everyone who wants to become a better soccer player!

<b>Dates:</b>			
Boys:	June 22-25	10am-12pm	Chapel Hill
	July 20-23	6.30-8.30pm	Chapel Hill
Girls:	July 6-9	10am-12pm	Chapel Hill
	July 27-30	6.30-8.30pm	Chapel Hill

## Speed / Agility Camp, ages 10-18.

Today not only soccer players, but athletes in general need to be faster, stronger and more agile than ever before. Our specifically designed curriculum will help to enhance the players' bodies and improve their game by increasing their game speed. Since there is only little time during the daily training to focus on the athletic side of soccer, we will work with the individual players to make them become stronger and faster players who can beat their opponents more easily. The training will meet the requirements of modern soccer and soccer balls will be incorporated as much as possible to make sure the players will return the next day with a huge smile on their face!

<b>Dates:</b> July 20-23	7-8.30pm	Chapel Hill
August 3-6	7-8.30pm	Chapel Hill

## GK / Striker Camp, ages 10-14.

When it comes down to it, soccer is about scoring and preventing goals. This camp will help players to succeed in the deciding moments of a soccer game and hopefully bring home more victories for their teams. While the goalkeepers and strikers usually start training separately and work on their individual skills, at the end of the sessions they come together and put each other to test by using the techniques they just learned and practiced. The camp's curriculum will be created and implemented by Triangle United's coaching staff including the UNC goalkeeper coach, Jeff Negalha.

<b>Dates:</b> July 20-23	6.30-8.30pm	Chapel Hill
August 3-6	6.30-8.30pm	Chapel Hill

## Notes

- The players are required to wear appropriate sports wear, including shin guards.
- They should also bring some refreshments such as fruits and water for the breaks.
- Sun protection is HIGHLY recommended!
- Please bring your own soccer ball (if available) and be sure to write your name on it.
- In the event of inclement weather, all camps held in Wake County will move indoor and campers will then play Futsal (*fútbol sala, futebol de salão*). We will provide the "special" Futsal balls. Campers who participate in Wake County are asked to bring a flat soled sneakers, as cleats cannot be worn in the event we play Futsal.

*\*\*Make-up days for Durham and Chapel Hill will take place on the Friday of that camp week.*

## Locations

- Chapel Hill based camps are held at the Rainbow Soccer Complex.
- Durham based camps are held at the Woodcroft Swim and Tennis Club or Herndon Park.
- Wake County based camps are held at St. Mary Magdalene Church in Apex (*bordering Cary & Raleigh*).

# Application 2009

## TO REGISTER:

Complete the application and mail with appropriate fee to:  
**Triangle United / PO Box 2321 / Chapel Hill, NC 27515**  
 (checks payable to Triangle United)

- Upon receipt of your application, a confirmation email will be sent to the address listed below.
- In addition, all correspondence regarding the camp will be sent to the email address listed below.
- Friday will be the make-up day in case of a day canceled by bad weather.

## COST:

- \$40.00 for Soccer Tykes – ages 3 to 5
- \$90.00 for Day Campers – ages 6 to 14
- \$80.00 for Speed/Agility & GK/Striker – ages 10-17
- \$100.00 for Advanced Technical—ages 10-17

## Week - Location - Program

*Please check mark the camps you would like to register for in the according boxes:*

### June 22-25

Chapel Hill: Boys Advanced Technical   
 Apex: Half Day Camp  Soccer Tykes

### June 29-July 2

Chapel Hill: Soccer Tykes  Day Camper

### July 6-9

Chapel Hill: Girls Advanced Technical

### July 13-16

Chapel Hill: Soccer Tykes  Half Day Camp   
 Durham: Soccer Tykes  Half Day Camp

### July 20-23

Chapel Hill: Boys Advanced Technical   
 GK / Striker  Speed / Agility   
 Apex: Half Day Camp  Soccer Tykes

### July 27-30

Chapel Hill: Soccer Tykes  Half Day Camp   
 Girls Advanced Technical   
 Durham: Soccer Tykes  Half Day Camp

### Aug. 3-6

Chapel Hill: Soccer Tykes  Half Day Camp   
 GK / Striker  Speed / Agility

Name \_\_\_\_\_  
 Age \_\_\_\_\_ Gender \_\_\_\_\_  
 Street \_\_\_\_\_  
 \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 \_\_\_\_\_  
 eMail Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Parent Name(s) and Cell Phone(s) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**T-Shirt Size** (circle one) YS YM YL YXL  
 AS AM AL AXL

I intend to allow my child to participate in the Triangle United Camp Series and recognize that soccer is a collision sport and the risk of physical injury is inherent to the sport. I certify that my child is medically sound and physically fit to play soccer. I am aware of and voluntarily assume all risks – regardless of their causes – to my child, including accidental injury or injury caused by the negligence of others, arising from his/her participation in the Triangle United Camp Series and/or its activities, including participation in the sport of soccer. Such risks specifically include but are not limited to – and I certify that I will make my child aware of – the danger of significant personal injury (including death) associated with soccer goals which may tip over or collapse when used as a device on which to climb, hang or otherwise play or when improperly moved or secured. I understand that it is not the responsibility of or its representative to serve as guardians of my child's safety. I am responsible for my child's protective equipment and the use by my child of protective equipment, including shin-guards and mouthpieces and for the condition of his/her cleats if he/she chooses to wear them. Furthermore, I understand those weather conditions and conditions of the playing field can vary and can increase the risk of personal injury. I will note the weather conditions and the condition of the field and I voluntarily assume all risks to my child arising from such conditions. In consideration of Triangle United sponsoring its program, I will not hold Triangle United or any of its officers, employees or agents liable in damages for any injuries my child might sustain while participating in the Triangle United and any activities of leagues sponsored by it. I hereby release and forever hold harmless Triangle United and all of its officers, employees or agents from any liabilities, claims damages or losses arising from or in any way relating to my child's participation in the soccer club. My signature below indicates that I have carefully read the registration form, accurately completed it, and fully understand the Release and Assumption of Risk, which I am voluntarily signing, will bind me, my heirs, and my personal representatives.

**Parent/Guardian Signature** \_\_\_\_\_  
 \_\_\_\_\_  
**Date** \_\_\_\_\_

## FOR OFFICE USE ONLY

Application Received: \_\_\_\_\_  
 Fee Received: \_\_\_\_\_ Check Number: \_\_\_\_\_  
 eMail Confirmation Sent: \_\_\_\_\_



# Summer Camp Series for EVERYONE!!!

**Boys & Girls ages  
 3 - 17; we have the right  
 camp for you!  
 All skill levels welcome!**

**More Information:  
[www.TriangleUnited.org](http://www.TriangleUnited.org)  
[Camps@TriangleUnited.org](mailto:Camps@TriangleUnited.org)  
 919.942-1995**