

# Valley Girls Camp

2009

## Camp staff

Rob Chapman-Valley High School girl's head coach, 14 years of varsity experience, record 243-17, six-time conference coach of the year, 2003, 05, 06, 07 Iowa coach of the year. Midwest central coach of the year and National coach of the year 2008. Eleven conference championships  
State Championships 03, 05, 06, 07, 08  
Other staff: assistant girls' coaches

- Jason Eckhoff
- Adam Nidey
- Former Valley players
- **Technical Ability**

receiving	dribbling
distribution	finishing

## • Tactical Ability

decisions	defending
positioning	attacking

## • Cognitive Ability

attitude	composure
determination	concentration

## • Physical Ability

strength	agility
speed	balance

## Camp Information

**Dates: Monday, July 13**

**Friday, July 17**

**Site: Valley Stadium**

**Grade going into next fall.**

**Grade K-5: 1 hour**

**Grade 6-12: 2 hours**

## Sessions

**Morning : 8-9:00 a.m. K-5th**

**9-11:00 a.m. 6th-12th**

## Fee

**K-5: \$55 (includes t-shirt and ball)**

**6-12: \$75 (includes t-shirt and ball)**

**Registration Deadline: July 1st**

**Late fee: Additional \$10 after July 1st**

**\*Please make checks payable to: Valley Girls Soccer.**

# Girls' Application

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camper's name last first

\_\_\_\_\_

address

\_\_\_\_\_

city/state/ zip

\_\_\_\_\_

phone number

\_\_\_\_\_/\_\_\_\_\_( )

Grade/ age( during camp)

Email \_\_\_\_\_

Circle T-shirt size: Youth L, Adult S, M, L, XL

\_\_\_\_\_

emergency contact

\_\_\_\_\_

emergency phone #

To Camp Director : I hereby authorize the directors and members of VHS soccer camp to act for me according to their best judgement in any emergency requiring medical attention and hereby waive and release the camp of all liability for illness or injury incurred by the above named participant while at camp.

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**Send Application to: Rob Chapman  
Girls' Soccer Camp, 149 27th ct. WDM  
IA. 50265**

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2009  
One Week Girls  
Soccer Camp

The camp will focus on the basics and the foundations of the game. The camp experience will benefit the beginning and the veteran player. The coaches will focus on the physical, technical, tactical, and cognitive aspects of the game. Campers will have a balance of games, drills, and fun.

- ◆ Players must provide their own shinguards, sunscreen, and water.
- ◆ If camp is postponed due to weather, we will try to hold camp that afternoon from 1:00-2:00 for k-5, 2:00-4:00 for 6th-12th
- ◆ If afternoon weather is still unsafe, we will try to make it up later that week.

Any schedule changes will be posted at Valley stadium North End offices.

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Athletic Office  
Girls' Soccer Camp  
3650 Woodland Ave.  
West Des Moines, IA 50266  
For more information  
Rob Chapman (515) 225-3692



**Valley High School**

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2009  
One Week Girls  
Soccer Camp  
July 13-17

at Valley Stadium  
for girls ages 6-18 years

West Des Moines Valley

