



High School Soccer Preseason Boot Camp



Boys and Girls
January 16th -19th, 2012
Girls 5.00 – 7.00PM each night
Boys 7.00 – 9.00PM each night

The Boot camp is sponsored by the University of Mobile Men’s Soccer Program and the Mobile Soccer Club.

Purpose: The Boot Camp is formatted to provide local area high school soccer players with the opportunity to condition and prepare their soccer skills in advance for the upcoming soccer season.

Principle Coaches: Roy Patton, Head Men’s Soccer Coach, University of Mobile, Daniel Whelan, Assistant Men’s Soccer Coach, Mohammed El-Zare, Director of Coaching, Mobile Soccer Club.

Nightly Format: One hour of conditioning to include: Preseason evaluation for: vertical jump, standing broad jump, agility run, endurance run, flexibility, ball techniques and Vo2 max test. One hour of small sided games (3 per evening) designed to develop players shooting, passing, heading, ball winning, dribbling, possession ratio and small group tactical understanding. Goalkeeping training will be provided.

Directions: Interstate 65 to Saraland exit (approximately 8 miles from Airport Blvd), left on Industrial Pkwy and proceed for 2 miles, then left on College Pkwy for .6 mile and turn left on to campus. Lighted soccer complex is located at the back of campus. Come 15 minutes early on first day.

Observance of High School Rules: All high school rules regarding same team numbers on practice rosters will be strictly observed.

For inquiries: Please telephone please call Daniel Whelan at 386-214 9112

Bring: Water filled bottles, water proof clothing, a snack, and a change of clothing.

Sign up: Please complete form and send along with \$65 made payable to Coach Roy Patton: Men’s Soccer Office, Athletic Department, University of Mobile, Mobile, AL 36613.

Name _____ Email _____
Address _____ City _____ State _____ Zip _____
Phone: _____ School Attending Spring 2012 _____

Must Be Signed By Parent/Guardian

I hereby release University of Mobile from any responsibility for any injury and/or damages resulting from my child/ward’s participation in the Softball Camp at the University of Mobile. If for any reason, she needs medical attention, I grant permission for her to be referred at the discretion of the UM coaching staff.

Parent/Guardian Signature

Date