

APPLICATION FORM

Name: _____
Address: _____
City: _____ State: _____
Zip: _____
Phone: _____
E-Mail: _____
Age: _____
School: _____

All campers must carry their own health insurance. Health insurance is not provided by OCSA. In case of injury or illness requiring medical attention, every effort will be made to contact parent or guardian.

Parent/Guardian Name: _____
Parent/Guardian Signature: _____
Insurance Company: _____
Policy ID Number: _____
Emergency Phone Number: _____

As an OCSA Camp attendee, I agree to follow all Camp rules and regulations and obey all instructors, coaching, and officials. I also state that I am in good physical condition. By signing below, parent/guardian gives permission for camper to be treated by athletic trainer, emergency room, or other medical professional deemed necessary in case of injury or illness while at OCSA Soccer Camp.

Parent/Guardian
Signature: _____ Date: _____

CAMP OPTIONS:

_____ \$95.00 - Monday and Wednesday
6 Weeks/12 sessions
6:00pm - 7:00pm
_____ \$75.00 - Monday or Wednesday
6 Weeks/6 Sessions

Camp space is limited. Campers will be registered on a first come first served basis. Make checks payable to OCSA or pay in full on first day of camp.

OCSA Soccer Office
824 Gum Branch Rd, Suite P
Jacksonville, NC 28540



OCSA



PRESEASON PREP

Speed and Agility



www.ocsa-nc.com

MONDAY/WEDNESDAY
JUNE 14TH/JULY 21
@
TABERNACLE COMPLEX



PHILOSOPHY

Failure to prepare is preparing to fail
John Wooden 11 NCAA Titles

We believe all things being equal the players who have worked the hardest in the off season will have a distinct advantage over other players. While playing the game is an important way to stay fit, today's competitive environment demands players do extra work outside the competition season to keep their edge. This type of training will not only allow the athlete to draw on their improved physical abilities but also rely on the knowledge they are mentally prepared to out perform their opponent

DAILY SCHEDULE

Functional injury prevention
Strength Training
Agility
Flexibility

WEEKLY SCHEDULE

Mon-Speed & Agility Camp*
Tues-Endurance*
Wed-Speed & Agility Camp*
Thurs-Rest*
Fri- Endurance *
Sat-Endurance*
Sun- Rest*

*Soccer- Ball work/pick up games

The camp is open to players of all skill levels.

Session Location

Each Session will take place at the OCSA Tabernacle Soccer Complex. After the Speed and Agility sessions players are encouraged to stay and play small sided games or work on ball skills.

Directions

Tabernacle Soccer Complex

2221 Belgrade-Swansboro Road
Maysville, NC 28555

DIRECTIONS:

From Jacksonville: (Wal-Mart)

Travel North on Highway 17 (New Bern Highway) for approximately 7 miles. Then take either route 1 or route 2 below:

Route 1: Turn right at Depe Road and Travel 3.6 miles until road comes to a T. Turn left on Belgrade-Swansboro Road and OCSA Soccer Complex will be on left approximately .5 miles.

Route 2: Continue on Highway 17 for approximately 5 miles turn right on Belgrade Extension. Follow and slight curve right onto Belgrade-Swansboro Road. Continue for approximately 3 miles. OCSA Soccer Complex will be on the right.

From New Bern (Twin Rivers Mall Area)

Travel South on Highway 17 (New Bern Highway) towards Jacksonville for 19.7 miles. After going through Maysville, make a slight left onto Belgrade-Swansboro Road. Travel for 3.7 miles and the OCSA Soccer Complex will be on the right.

From Swansboro (Walgreens Area)

Travel West on Highway 24 (Corbett Avenue) towards Jacksonville for 2.1 miles (from Walgreens intersection). After leaving Swansboro, turn right onto Swansboro-Belgrade Road and travel 10.1 miles. The OCSA Soccer Complex will be on the left.

COACHING STAFF

Cam Ormsby

**Director of Coaching OCSA
Fitness Coach**

Carlos Padilla

**OCSA Staff Coach
OCSA GK Trainer**

Jenny Ormsby

**OCSA Staff Coach
Former Asst. Bucknell Univ.**

Other OCSA Coaches TBA

The coaching staff is a veteran group that has several years of coaching and camp experience.

Camp Benefits

This summer program is geared towards HS and college bound soccer players who want to be prepared for preseason. The training consists of a myriad of specialized exercises designed to safely develop strength, speed, power, quickness, reaction time, foot work, coordination, balance, agility, mental toughness, and injury prevention. It is the goal of OCSA and the camp staff to have each of our athletes prepared for their upcoming seasons. Along with the sessions each week the participants will receive supplemental workouts to finish on their own in order to complete the program. We will also conduct periodic testing to measure the athletes progress.