

2022 Quabbin Soccer Camp

at Quabbin Regional Middle/High School

Monday July 11th – Friday July 15th

Grade K-2nd 8:00AM - 10:00AM \$40 per camper

Grade 3rd-8th 8:00AM - 12:00PM \$75 per camper

**Complete an application and submit payment
BEFORE JUNE 14, 2022,
to secure your spot for this summer.**

Registration: [Online Application Form](#)

Online Payment: Click UniPay Gold from www.qrsd.org and choose 'Athletic Camps' as the transaction

Medical Form: Email completed medical form to camp director or bring a copy on the first day of camp.
[Online Medical Release Form](#)

Questions: Contact camp director, Jamie Cook, at 774-232-3702 or email quabbinvarsitysoccer@gmail.com

The Quabbin soccer camp staff is looking forward to welcoming players to camp this summer. We have new, fun activities and drills that we are excited to share with campers of all ages and skill levels. Players will be organized by age and ability. We are confident that we will meet the needs of every camper. This soccer camp will emphasize teamwork, sportsmanship, effort, and FUN. The purpose of our camp is purely instructional.

Directed by Quabbin Varsity Soccer Coach: Jamie Cook

Assistant Coaches and Camp Leaders: Members of the Quabbin Regional High School girls’ and boys’ soccer programs

What Do I Bring?

What Can I Expect?

- First Day of Camp: **Please arrive at the soccer fields behind the high school between 7:45-8:00am for check-in.**
- Come dressed appropriately with soccer cleats, shin guards, sunscreen, and comfortable clothing.
- Bring an appropriately sized soccer ball. Balls will be available to borrow.
- Bring an individual water bottle and snacks each day. There will be a water refill station available.
- Directors trained in First Aid and CPR.
- Camp will run rain or shine. In case of thunderstorms, camp will be cancelled or released early without make-up days.

Typical Schedule: (Subject to change)

Grades K-2 and 3-8

7:45-8:00.....Drop off
8:00-8:20.....Warm-up, ball work
8:20-9:00.....Technical skill work
9:00-9:10..... Water and Snack break
9:10-9:40.....Stations, relays, contests
9:40-10:00..... Small sided games
10:00Break and K-2 Daily Pick-Up **(Grades 3-8 Pick-up at 10am on Friday)**

Grades 3-8 Only

10:15-11:00.....Tactical skill work
11:00-12:00.....6v6, 8v8 & 11v11 matches

Camp Features:

- Optimum player-coach ratio.
- Great for beginners and experienced players.
- Campers divided by age and ability.
- Individualized attention.
- Campers receive a t-shirt.
- See friends over summer vacation.
- Make new friends!
- Meet members of the QRHS soccer teams.