



girls
high school
pre-season
soccer camp

March 15 - 18, 2010
6:00-8:00 pm

Loras College
Rock Bowl Stadium

The Camp will be held OUTDOORS and UNDER THE LIGHTS on the all-weather turf of Loras' Rock Bowl Stadium!

Loras Women's Soccer Accomplishments

- 5 IIAC Conference Titles
- 7 IIAC Tournament Titles
- 7 NCAA Tournament Appearances
- Consistently Regionally Ranked

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WAIVER AND RELEASE OF ALL CLAIMS—PLEASE READ AND SIGN

2010 LORAS COLLEGE HIGH SCHOOL PRE-SEASON SOCCER CAMP

The 2010 LORAS COLLEGE H.S. PRE-SEASON SOCCER CAMP REQUIRES the execution of the following Waiver and Release: Your cooperation is greatly appreciated. Please read this form carefully and be aware that in registering your minor child/ward for participation in the 2010 LORAS COLLEGE H.S. PRE-SEASON SOCCER CAMP you will be waiving and releasing all claims for injuries you and/or your child/ward might sustain arising out of this program. I understand the 2010 LORAS COLLEGE H.S. PRE-SEASON SOCCER CAMP does not carry insurance for injuries sustained by participants in this event. Therefore, participants in this event should look to their own health insurance policy for any injuries sustained in connection with or arising out of this event. The absence of health insurance coverage does not make the 2010 LORAS COLLEGE H.S. PRE-SEASON SOCCER CAMP responsible for payment of medical expenses. As a participant in the 2010 LORAS COLLEGE H.S. PRE-SEASON SOCCER CAMP, I agree to assume the full risk of any injuries, including death, damages, or loss regardless of severity, which my child/ward or I may sustain as a result of participating in any and all activities connected with or associated with, or arising out of this event. I agree to waive and relinquish all claims my child/ward or I may have as a result of participating in the 2010 LORAS COLLEGE H.S. PRE-SEASON SOCCER CAMP, against Loras College and any of its directors, officers, trustees, agents, servants, and employees. I do hereby fully release and discharge Loras College and its directors, officers, trustees, agents, servants and employees from any and all claims from injuries, including death, damage, or loss which my child/ward or I may have or which may accrue to me on account of my participation. I further agree to indemnify and hold harmless and defend Loras College and any of its directors, trustees, agents, servants, and employees from any and all claims from injuries, including death, damages, and losses sustained by me or my child/ward or arising out of, connected with, or any way associated with the activities of this event.

PERMISSION TO SECURE TREATMENT

In the event of an emergency I authorize the 2010 LORAS COLLEGE H.S. PRE-SEASON SOCCER CAMP to secure treatment from any licensed hospital, physician, and/or medical personnel and treatment deemed necessary for my or my child's ward's immediate care and I agree that I will be responsible for payment of any and all medical services required. I have read and fully understand the aforementioned Program Details, Waiver and Release of All Claims, and Permission to Secure Treatment, and all information supplied by me is accurate and current to the best of my knowledge. Please sign in signature area.

Participant's Name (PRINT) _____

Date: _____

Relationship to Participant: _____

Parent/Guardian Signature: _____

Emergency Contact and phone #: _____

How can the Loras High School pre-season clinic make me better?

The Loras Pre-season Camp offers local female high school soccer players, about to begin their season, a chance to get a jump start on the competition.

The camp will provide personalized technical and tactical instruction and soccer specific fitness conditioning to help you be ready for the start of your season. Whether your goal is to be an All-Conference player or to just make your high school team, the Loras coaching staff will provide you with the tools you need to meet your goals and to have you ready for your season. The camp will be held outdoors which will make this pre-season training even better!

Who is the camp for?

All Dubuque-area high school female soccer players. Also, open to 8th graders looking to get a feel for high school soccer.

Where will the clinic be held?

The camp will take place in Loras' Rock Bowl Stadium. We are pleased that we will now be able to hold our pre-season camp outdoors (during a time of the year when most grass fields would not cooperate). This will allow participants a chance to train outdoors, on a championship-quality field, and get the most out of this camp as they prepare for their upcoming season.

The Rock Bowl Stadium is the home to Loras Soccer and features an all-weather turf surface and lights. The field does not get saturated and soggy like grass fields, so it is playable in most weather conditions. If the weather does not allow (too cold or snow) the camp will move indoors to Loras' Graber Center.

We will meet just inside the doors of the Graber Sports Center before we get started the first evening.

What to bring?

Come dressed and ready to play soccer. Shin guards are mandatory. Cleats are recommended for the Rock Bowl. Dress for the weather. Also, bring indoor shoes and clothes in case of foul weather.

*Possible make-up date in case of foul weather,
Friday, March 19.*

Camp Director Dan Rothert

**Loras College
Head Men's & Women's
Soccer Coach**



**USSF "A" License
NSCAA Premier License
National Youth License
National Goalkeeper Diploma
2007 & 2009 Regional Coach of the Year
8-time IIAC Coach of the Year**

- Loras Head Coach for 12 years
- Holds highest soccer coaching licenses in USA (see above)
- Past 7 years, Loras Men's and Women's teams compiled an impressive 241-59-12 record
- 2009 Women's team finished 12-5-4 and was regionally ranked in top 10 all season long
- 2009 Men's team won fourth consecutive IIAC Championship and advanced to Sweet 16
- Teams ranked regionally and nationally in 2009. Men finished 7th nationally.
- Coached 126 All-IIAC, 48 All-Region, and 10 All-American athletes
- 10 Iowa Conference Championships
- 12 NCAA Tournament appearances
- **Known as one of the premier college soccer programs in the Nation!!!**

Daily Schedule

- | | |
|-----------|--|
| 6:00-6:15 | Skill-based Warm-up |
| 6:15-6:45 | Individual Skill Work
(based on individual levels) |
| 6:45-7:30 | Tactical-Functional Training
(based on individual levels) |
| 7:30-8:00 | Game Play/Fitness Conditioning |

Loras women's team members and coaches will also be present to assist with the camp.

For more information, please call 563.588.4936 or 563.564.6122 (cell) or e-mail daniel.rothert@loras.edu

Application Form - girls high school pre-season soccer camp

— **MUST FILL OUT BOTH SIDES OF THIS FORM INCLUDING WAIVER AND RELEASE ON BACK.** —

Name: _____ Date of Birth: _____ Grade (fall '09): _____
Address: _____ City: _____ State: _____ Zip: _____
Home Phone: _____ E-mail (need for confirmation): _____
School: _____ Position: GK D M F T-shirt size (circle one): S M L XL
Insurance Company: _____ Group or Policy #: _____

Cost: \$50. Make check payable to: Loras College Soccer Camp. WALK-INS WELCOME!

If there are any specific medical situations that should be known or activities that should be restricted, contact the camp by attaching the information with this application or by calling the Camp Director.

be more.
beLORAS.

Send payment and form to: Dan Rothert, Loras College Soccer Mail #149, 1450 Alta Vista, Dubuque, IA 52001.