

# 2009 TEAM CAMP REGISTRATION FORM

(Please register one person per form.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

School: \_\_\_\_\_

Age: \_\_\_\_\_ Grade Entering: \_\_\_\_\_

Parent(s): \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_

Emergency Phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

Shirt size: Youth:  S  M  L  XL

Adult:  S  M  L  XL

Total amount enclosed: \$ \_\_\_\_\_

MAKE CHECKS PAYABLE TO JONATHAN MEADE  
AND MAIL TO:

Lady Cougar Soccer Team Camp  
Mount Vernon Nazarene University  
800 Martinsburg Road  
Mount Vernon, OH 43050

## Liability Release:

I, the undersigned, hereby release Mount Vernon Nazarene University from all liability of injury arising from participation of or incident to the above named child in the above listed Cougar Team Camp. I also authorize MVNU personnel to seek and obtain medical aid for said youth if in their judgment such action is warranted. I further agree to subrogate them in any loss sustained by them personally out of my child's participation.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

"The MVNU team camp was a wonderful experience that brought our team closer together, while learning excellent soccer skills!"

- Coach Stephanie Johnson (Worthington Christian)

# PHILOSOPHY & PURPOSE

In just nine years, MVNU's women's soccer team has established itself as a nationally ranked NAIA program as well as one of the country's top Christian college programs, winning the NCCAA National Championship twice in four years.

It is this tradition of success that the Lady Cougar soccer staff wants to share with you and your team. Our goal is to put your team in an environment where both players and coaches will have the chance to improve individually and as a whole. We'll provide quality instruction for the head coach and team, offering challenging and innovative sessions that will lead you to meeting your season goals. We are eager to help you and your team develop and experience a winning tradition at your high school.

## COUGAR TEAM CAMPS:

- Combine current team system of play and strategy with new collegiate perspectives and training ideas
- Reinforce basic technical and tactical aspects of the game
- Provide and encourage team-building concepts into training
- Focus on individual and team development
- Offer a challenging and caring environment
- Provide high-character coaches who focus on the positives



# LADY COUGAR TEAM CAMPS

## 2009 SUMMER SCHEDULE



## TEAM CAMPS

Please contact Coach Jonathan Meade at [jmeade@mvnu.edu](mailto:jmeade@mvnu.edu) to set camp dates and times.

Location can be held at either MVNU or team's high school facility.

The Lady Cougar team camp is uniquely designed to stretch and develop the player while exposing the coach to new training ideas and exercises that he/she can use throughout the rest of the season. Each day begins with an emphasis on fast footwork and dribbling. By the end of training camp, players will have a new arsenal of 1v1 moves to beat the opponent. Furthermore, training sessions will progress to developing the player's tactical awareness. Combination play, ball movement, and target play will be emphasized as the staff works on the team's build-up.

Other topics that may be emphasized during the week based upon the requests of the high school coach are:

- Proper shooting technique
- Flank play
- Passing and receiving
- Systems of play
- Individual and team defending

If you and your team are looking to be challenged in a fun and caring yet competitive environment, then the Lady Cougar team camp is for you. (May not count as OHSAA contact week.)



### Features:

- Foot skills emphasized in all training sessions.
- Foot skills DVD available for purchase on an individual basis
- Sessions designed to develop the team's playing strategies and goals
- Gather new ideas and training exercises
- Location is negotiable
- Each player receives a team camp t-shirt
- Invite a second team from a different school and compete against players other than your own

- Cost:**
- Payment due first day of camp
  - \$100 per player (5 training sessions)
  - \$90 per player when 30+ players register
  - Plus any travel costs incurred by camp staff

### Coaching Staff

#### JONATHAN MEADE, CAMP DIRECTOR



During his nine years at the helm, Jonathan Meade has led the Lady Cougars to a successful 134-61-7 overall record for an impressive .681 winning percentage. The Lady Cougars are four-time American Midwest Conference South Division Champions (2003, 2004, 2006, 2007) as well as two-time National Christian College Athletic Association national champions (2003, 2006). Meade has been honored as the NSCAA NCCAA National Coach of the Year in 2003 and 2006, the NAIA Region IX Coach of the Year in 2007, as well as a four-time conference coach of the year.

Meade strongly believes that developing players not only includes increasing the player's skill level and tactical awareness but also fostering teamwork, unity and how to be a caring teammate. The Lady Cougar staff encourages players to show their genuine care for their teammates by living out the team's core values. His wealth of knowledge and experience from both his playing days as well as his coaching career helps create innovative and stimulating sessions that connect with the high school player and challenge them to be the complete players and teammates.

The Lady Cougar team camp staff is comprised of his coaching staff and top players and alumni from the MVNU Lady Cougars team. Coach Meade and his staff take great pride in providing a challenging yet caring environment that will give the player a top notch experience.

