

Registration Form
 Please complete and mail
 this section with payment
 OR
REGISTER ONLINE:
 WWW.MIDDLETOWNSOCCER.COM

Players Name: _____
 Date of Birth: _____
 Address: _____
 City/State/Zip: _____
 Grade as of September, 2014: _____
 Email Address: _____
 Phone Number: _____
 Parents' Names: _____
 Emergency Contact: _____
 Please circle which week(s) you would like to attend:
 MS/HS YOUTH FITNESS TOTS
 Paid by: CASH OR CHECK AMT enclosed: _____
 (Make check payable to Middletown Elite Camp)
 Parent/Guardian Signature: _____
 Club/Rec Team: _____
 HS/Middle School: _____



13TH ANNUAL ELITE
 SOCCER CAMPS:



**INCLUDES CAMP T-SHIRT & SPECIAL
 AWARDS FOR MOST IMPROVED,
 HARDEST WORKING, AND 2V2**

INDIVIDUAL SPECIALIZED SESSIONS
 FOR THE YOUTH, MIDDLE AND HIGH
 SCHOOL OR CLUB PLAYER LOOKING
 FOR ADVANCED TRAINING IN A
 HIGHLY COMPETITIVE ENVIRONMENT

SUPER FIELDS AND LOCATION AT
 LINCROFT ACRES PARK OFF OF
 NEWMAN SPRINGS ROAD IN
 LINCROFT.

CONCENTRATED TRAINING WITH A
 LIMITED NUMBER OF PARTICIPANTS
 IN EACH SESSION. ENROLLMENT IS
 LIMITED TO THE FIRST 60
 APPLICANTS FOR EACH SESSION.
 APPLICATIONS WILL BE ACCEPTED
 ON A FIRST COME BASIS.

GOALKEEPING TRAINING INCLUDED.
 ALL CAMPS RUN FOR 5 DAYS



2014

*Elite Girls
 Soccer Camp
 @ Lincroft Acres*

*Directed by
 Tara Ernst*



Post Office Box 103
 Middletown, NJ 07748

Elite.soccercamp@yahoo.com

Middle/High School Girls Camp

Youth Girls Camp

Fitness Camp (All ages)

Little Tots Camp (Coed)



Elite Soccer Camp: Live. Learn. Soccer.



Tara Ernst, Director

Twelve years Elite Soccer Camp Trainer

Middletown South Varsity Coach

45-36-6 Record, Division Champs 2011 & 2012
Shore Conference Tournament 2010-2012
NJSIAA State Tournament 2011-2013

Rutgers University

Scholarship, Team Captain, Academic
All-Big East, nationally ranked #14
NCAA Div. 1 Sweet 16, NCAA leadership nominee

Middletown South

Hall of Fame (soccer & track)
2-Time All-American
School record goals, assists, points

Jessica Gavini, Assistant Director

Thirteen years Elite Soccer Camp trainer

Middletown South Soccer coach

NJSIAA State Champions

William Paterson University

NCAA Sweet 16 tournament,
2nd-team All State goalkeeper

Middletown North

3 time Shore Conference Champions
School Record for most shut outs
Named goalkeeper of the century.

**SESSION NO.. 1 (\$135)
MIDDLE/HIGH SCHOOL
AUGUST 4TH-AUGUST 8TH
9:00AM-12:00PM
MONDAY THRU FRIDAY**

THE SESSION IS FOR AGES 13 THRU 18.
THE EMPHASIS WILL BE ON FUNCTIONAL
& TECHNICAL TRAINING, TACTICAL
TRAINING, DECISION-MAKING, AND
SMALL & FULL FIELD GAMES

**SESSION NO.. 2 (\$135)
YOUTH GIRLS CAMP
AUGUST 17TH-AUGUST 21ST
5:00PM-8:00PM
SUNDAY THRU THURSDAY**

THE SESSION IS FOR AGES 7-12.
THIS CAMP IS FOR PLAYERS
WISHING TO GET READY FOR THEIR
UPCOMING SOCCER SEASON.

**SESSION NO.. 3 (\$75)
LITTLE TOTS COED CAMP
AUGUST 17TH-AUGUST 21ST
5:00PM-6:00PM
SUNDAY THRU THURSDAY**

THE SESSION IS FOR AGES 4-6. IT
FOCUSSES ON INTRODUCING SOCCER
IN A FUN ATMOSPHERE WITH AN
EMPHASIS ON FUNDAMENTALS
AND TEAMWORK.

ALL PLAYERS SHOULD BRING A
SOCCER BALL & WATER
TO ALL SESSIONS

**SESSION NO.. 4 (\$85)
FITNESS CAMP
AUGUST 11TH-AUGUST 15TH
5:00PM-6:30PM
MONDAY THRU FRIDAY**

THE SESSION IS FOR AGES 7-18.
PLAYERS WILL BE GROUPED
ACCORDINGLY & MODIFIED FOR THE
APPROPRIATE AGE. EACH SESSION WILL
CONSIST OF INTENSE PHYSICAL
TRAINING TO GET THE ATHLETE READY
FOR THEIR PRESEASON. ATHLETES WILL
BE TRAINED AEROBICALLY AND
ANAEROBICALLY. A COMBINATION OF
SPRINTING, LONGER DISTANCES,
PLYOMETRICS STRENGTH TRAINING AND
QUICK MOVEMENTS ON AND OFF THE
BALL WILL BE UTILIZED.

ATHLETES WILL BE TIMED ON THE
FOLLOWING TESTS:

COOPER TEST
BEEP TEST
CONE (35 YARDS) WITH BALL
120 YARD DRILLS

ATHLETES SHOULD BE PREPARED TO
WORK HARD DURING EACH SESSION!



Players to be grouped according to
ability level to assure a highly
competitive training environment

*All female staff featuring
former/current college
players & high school coaches*