

Lady Nighthawks

The 2014 Season has been excellent so far for the Lady Nighthawks. The Northern Women's Soccer Team finished undefeated in conference without conceding a goal and captured the 2014 Mid-State 3A Conference Championship. The team is currently making a run at a State Championship. Join the Lady Nighthawks and Coaches to build your soccer skills through challenging drills and fun activities!!!!

Camp Application Form

Name: _____

Address: _____

City: _____

State _____ Zip _____

Ph# _____ (day)

Ph# _____ (night)

Email: _____

Grade entering fall of '14 _____

Age during camp: _____

T-shirt size: _____

YM YL YXL AS AM AL AXL

2014 Nighthawks Soccer Camp



July 7-10, 2014
9:00 AM-1:00

Ages : 7-14 Girls and Boys

Cost: \$95 (includes t-shirt)

At Northern High School
7101 Spencer Dixon Road
Greensboro, NC 27455

Coaches:

Wes Lewis-Varsity
Mary Reinhardt-JV

Staff:

Northern Varsity & JV
Women Players and
College Players



Northern Soccer Camp will

focus on the essential technical and tactical skills required to be a successful soccer player. The camp is for girls and boys ages 7 - 14 of all skill levels. Our knowledgeable staff will provide individual attention to every camper to make sure everyone is challenged. Team competitions and Fun activities are part of the camp experience. We know soccer is a great tool to teach much more than the sport and we hope to build confidence, responsibility, sportsmanship and provide positive role models for all campers.

Items needed at camp daily:

*Snack

*Cleats

*Tennis Shoes

*Water bottle

*Soccer ball

*Shinguards

*Goalie Gloves (goalies only)

Curriculum

Sample Activities:

* Scrimmages daily

* World Cup

* Power Finesse

* Small Sided matches

* PK Shootouts

* Soccer Golf

* Soccer tennis

* Juggling Contest

Fundamentals:

* Dribbling

* Shooting

* Passing

* Receiving

* Heading

* Defensive technique

Advanced techniques:

* Volleys

* Moves to create space

* Runs to create space

* Advanced receiving

* Combinations

Liability Release: I hereby indemnify and hold harmless Guilford County Schools and all Northern Guilford staff affiliated with the camp for any injury that my son or daughter may incur.

X

Parent/Guardian Signature

Please return completed application, plus \$95 check made payable to NGHS Athletic Boosters by June 30th. Mail to: Wes Lewis, 6317 Hibiscus Court, Whitsett, NC 27377

Any questions, call Wes Lewis at 336-337-5799 or email wes@uppr9t.com

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