

PLAYER INFORMATION

NAME _____

GRADE FOR 2011/2012 _____

T-SHIRT SIZE _____

***Pre-Registered Campers Only**

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PARENT/GUARDIAN INFORMATION

NAME(S) _____

WORK PHONE _____

CELL PHONE _____

EMAIL _____

On behalf of myself, the child, or personal representative, I hereby release, waive and forever discharge the Great River Goalkeeper Academy, Tri-City Sports, Inc. and Quincy School District #172 and the affiliates of either or all of them and all their respective employees, agents, directors and volunteers (the "releases") from and against any and all liabilities, claims, demands, actions, cause of action, damages, costs or expenses for personal injury including without limitation bodily injury and/or death and/or property damage which I or the applicant may sustain and which are or may be caused by the action or omission or the applicant, his/her fellow players or any of the releases except where the releases from any personal injury or property damages caused by the negligent or intentional act of applicant while on or about the Soccer Academy premises or while participating in any Soccer Academy activities.

SIGNATURE _____

(Parent/guardian)

DATE _____

Great River Goalkeeper Academy is a fun and intense program for students entering 5th through 8th grades. The camp will provide an introduction to serious goalkeeping to your son or daughter. Young goalkeepers will learn and train the technical and tactical skills demanded by the position. Goalkeeper psychology and conditioning will also be stressed to round out the camp curriculum. Through hard work and dedication to the position your son or daughter will leave this camp a better goalkeeper.



Great River Goalkeeper Academy

Presented By



www.greatriversoccer.com

info@greatriversoccer.com

2532 Elm Street

Quincy, IL 62301

(217) 242-7223

www.tricitysports.com

soccer@tricitysports.com

936 Broadway

Quincy, IL 62301

(217) 224-2489

CAMP INFORMATION

DATES: June 27 – June 29

TIMES: 9:00 – 11:30 a.m.

COST: \$75.00

LOCATION: QHS/Baldwin Field
Quincy, Illinois

Mail Payment and Registration to:
Ron Bridal
2532 Elm Street
Quincy, IL 62301

CAMP NOTES

- The Great River Goalkeeper Academy will have a maximum of 12:1 goalie-coach ratio. Advance registration is appreciated as this will help determine the number of coaches needed.
- Please bring a ball, shin guards, goalie gloves, and a long sleeve shirt. Water and snacks will be provided.
- Pre-registered campers will receive a camp t-shirt.

GOALKEEPER INSTRUCTION

TECHNIQUE

- Shot Stopping and Parrying
- Diving Saves
- Breakaway Saves
- Crossed Balls
- Distribution

TACTICS

- Positioning and Angles
- Decision Making
- Dead Ball Situations

FITNESS / CONDITIONING

- Footwork
- Power Development
- Core Strength
- Quickness and Agility

PSYCHOLOGY

- Leadership
- Self-Confidence
- Learn From Mistakes



INSTRUCTOR: RON BRIDAL

Ron is a former player for Quincy Senior High School. During his high school career he amassed 57 wins with 39 shutouts in three years of varsity soccer. His senior year he earned All Conference and Sectional honors. Ron has been a high school goalkeeper coach at QHS for seven years and has also earned his State and Regional Goalkeeping Diplomas from the National Soccer Coaches Association of America.