



PORTLAND THORNS FC

Portland Thorns Girls Residential Soccer Camp July 8-11, 2019

Location: Pacific University – 2043 College Way, Forest Grove, Oregon 97116

Thorns Residential Camp:

The Portland Thorns' girl's residential camps are specifically designed to provide an experience of what it's like to be a collegiate and pro athlete. As the success and reputation of the boy's Timbers Residential Camp continues to grow, the same energy and commitment to the girl's camps will make this a success as well. The girl's residential camps are recommended for all future Thorns ODP players, high school players, and players looking to play at the college level. Players will be trained and evaluated by the Portland Thorns and Timbers ODP staff along with college coaches from all over the northwest. The camp is open to individuals and club or high school teams. Spaces are limited so book now!



Curriculum:

The curriculum will develop the technical skills and tactical awareness of the competitive soccer player. Camp will include; technical and tactical training on the field, team video work, classroom sessions on team tactics and sports psychology. During the week campers will also undergo agility and speed assessment and training by the Portland Thorns/Timbers strength/conditioning staff and a college prep classroom session with the Timbers/Thorns college prep group.

Elite Camp & Team Camp:

The Thorns will run Elite groups for those planning on playing college soccer. Camps will be augmented with college recruiting presentations and each session will be run by a member of the Thorns coaching staff. Players will be grouped by age and ability or they may apply as a team (see discount). After the first day of training and evaluation, groups will be finalized at the Camp Director's discretion.

Goalkeepers:

The Portland Thorns recognize the specialized needs of goalkeeper training. Goalkeepers will be trained with teams as well as receive individualized training in separate sessions by Thorns staff goalkeeper coaches.



PORTLAND THORNS FC



Meals and Lodging:

All campers and staff are housed in the Pacific University Dorms and eat in the University Dining Hall. Each camper will be assigned a roommate. Roommate requests may be submitted on the application. Dorm supervision will be done by Portland Thorns staff members.

What to bring:

Soccer ball, sufficient athletic clothing for 5 days of activities, molded cleat soccer shoes, indoor soccer shoes, comfortable walking/running shoes, shin-guards, raingear, towel, equipment bag/backpack, water bottle, toiletries, fan, alarm clock. Campers will not require any money except for snacks and Portland Thorns souvenirs.

Registration and checkout:

All details will be sent to applicants in their confirmation letter.



PORTLAND THORNS FC

Medical Care:

For all camps, a staff of full-time trainers will be on duty to administer minor injuries and ailments. For more serious injuries, Tuality Forest Grove Hospital is 2 minutes from campus. Medical History is due no later than 2 weeks prior to camp.

Typical Daily Schedule:

7:15 am	breakfast
8:45 am	demonstration/warm-up
9:00 am	speed & agility training
9:30 am	technical training
12:00 pm	lunch
1:30 pm	tactical training
5:00 pm	dinner
6:30 pm	matches
9:00 pm	camp meeting, snacks, videos
11:00 pm	lights out

Camp Coaching Staff:

The Portland Thorns Residential Camp, features an outstanding coaching staff, led by Portland Thorns and Timbers coaches, top west region college coaches and Olympic Development Program coaches. The curriculum is specifically designed by the Thorns coaching staff to challenge players, both mentally and physically, in a friendly, encouraging and professional environment.

Camp Registration:

Players who would like to register for the Portland Timbers Residential Camp can register online at timbers.com → Youth Soccer → Camps → Residential Camps. Check-In and Check-Out details will be sent to players after registration confirmation.



PORTLAND THORNS FC

Camp Cost:

Cost \$525.00

**\$25 discount for each sibling/teammate*

**\$50 discount if team (over 12 players) sign up*

Cancellations will be charged a \$50 administrative fee.

2018 Girl's Camp Overview:

We held two Oregon Residential Camps last summer and both had tremendous numbers, talent, and feedback. We had players from 10 different states and 5 different countries travel to experience our camps! The feedback continues to be extremely positive and we look forward to an even better year in 2019!

For players, the opportunity to work with our hand-picked Thorns staff, and college coaches from the west coast will definitely be the highlight of your summer!

If you have any questions about the Portland Thorns Residential Camp, please contact Erik Lyslo at elyslo@timbers.com or Terrence McCrate at tmccrate@timbers.com

We hope to see you on the field!