



PORTLAND TIMBERS

Portland Timbers Boys Residential Soccer Camp July 22-25, 2019

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

Timbers Residential Camp:

The Portland Timbers' Residential Camps are specifically designed to provide an experience of what it's like to train and compete like collegiate and professional athletes. With the success of the Timbers Residential Camp program over the last five years, we have now branched out into Idaho and Alaska with these very popular camps and the feedback continues to be extremely positive. The boys residential camp is recommended for all future Timbers Academy players, ODP and club players, high school players/teams, and players looking to play at the collegiate level. Players will be trained and evaluated by Portland Timbers Academy, ODP, and RTC coaching staff. The camp is open to individuals, and club or high school teams. These camps fill up fast so register now!

Curriculum:

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



Elite Camp & Team Camp:

The Timbers will run Elite groups for those planning on playing college soccer. Camp will be augmented with college recruiting presentations and each session will be run by a member of the Timbers Youth 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 Timbers recognize the specialized needs of goalkeeper training. Goalkeepers will be trained with teams, as well as receive individualized training in separate sessions by Goalkeeping coaches.



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What to bring:

Soccer ball, sufficient athletic clothing for 4 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 souvenirs.

Registration and Checkout:

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

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. All medical history, waivers, and special needs paperwork must be turned in on the first day of camp at check-in.



Typical Daily Schedule:

7:15am	Breakfast
8:45am	Warm-up
9:00am	Speed & Agility
9:30am	Technical Training
12:00pm	Lunch
1:30pm	Tactical Training
5:00pm	Dinner
6:30pm	Matches
9:00pm	Camp Meeting
11:00pm	Lights Out

Meals and Lodging:

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

Portland Timbers Coaching Staff:

The Portland Timbers Residential Camp features an outstanding coaching staff led by Portland Timbers Youth coaches, Olympic Development Program, and Regional Training Center coaches. The curriculum is specifically designed to challenge players - both mentally and physically - in a friendly, encouraging and professional environment.



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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.

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 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 the Timbers Academy staff, Timbers players and college coaches from the west coast is second to none! Additionally, we take great pride in offering an incredibly affordable experience – our camp is cheaper than almost every residential camp in the country!

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

Thanks and Go Timbers!