

**BOYS COLLEGE PREP RESIDENTIAL CAMP
NO 1 SOCCER CAMPS**

July 8-11 2023

AT ASHLAND UNIVERSITY – OHIO

(Open to ages 13-19 Years)



MISSION

No 1 Soccer Camps is offering a unique camp for **future potential college athletes and college coaches to work together over a 4-day period in a residential setting** at ASHLAND UNIVERSITY in mid-Ohio. Training conducted fully by current college coaches who will replicate the high-level demands of the college game under our developed No 1 Soccer Camp Curriculum.

For the player; to develop professional relationships with college coaches on the field and in our series of lectures that are designed to hit the 'hot topics' players need to know about playing in college. The initial recruitment process, to the life of a student athlete and its demands, to diet, rest, recovery and how to look after your body, mental health and what to expect in such areas of strength and conditioning and the traits needed to be a winner.

For our staff college coaches; to spend time with players on the field, in the classroom and off the field, the same dynamics the coaches have with their own college teams. To help develop them in the process in becoming a college player, to provide antidotes and stories to the players to help them fully understand life as a collegiate athlete, but it is to facilitate the connection between coach and player that is the overriding theme of this camp.

Training:

Sessions will be all conducted by current college coaches

There will be separate training for goalkeepers under the direction of the Head GK Coach

The GK and Field players will also 'come together' at each session after a period of initial training.

Training is to be designed and the curriculum is planned to reflect college level training sessions

Lectures and Presentations:

Will be conducted by college coaches on topics that are relevant to today's college player:

1. How to get recruited – a detailed look at the recruitment process, including financial aid, scholarships, communication, social media, how to and what to do in terms of contacting college coaches and much more.
2. The Life of College Athlete. One of the biggest concerns that college coaches have is young players coming into their programs under prepared. This will look at; schedules, work load, training times, diet, balancing the classroom with the strenuous activity of being a collegiate athlete.
3. Staying healthy, injuries and prevention; many young athletes simply lack the 'know how' to deal with injuries, recovery and diet that is so important in first, staying in training and second recovery from injury to get back on the field. This will look at skills and knowledge to staying healthy, from mental training, communication with athletic trainers and coaches.
4. The Mental Game, college coaches providing stories of the winners they have known and coached, what separated them from others? What traits did these players have? What obstacles did they overcome? A real-life experience, interactive lecture between coaches and players.

All lectures will provide handouts and the players will have journal to take home for future review and reference.







No 1 Soccer Camps at Ashland University:

1. Soccer specific stadium – (2 turf fields and 1 grass field)
2. Indoor Multi Million \$ NEW NISS Indoor Athletic Training Facility
3. Award winning dining
4. Air-Conditioned Dorms
5. Air-Conditioned class rooms
6. Olympic Sized Swimming Pool