

Sign up/Waiver

Name: _____

Address: _____

Phone: _____

Email: _____

Age: ____ **Male or Female**

T-Shirt size:

S M L XL

I understand and accept the conditions that neither QC Goalkeeper Academy, Mick Regan or anyone associated with the camp assumes responsibility for accidents, medical nor dental expense incurred as a result of participation in the program. The participant is in good health and able to participate in the physical activity of a vigorous program. I hereby authorize the directors of the camp to act for me according to their best judgment in an emergency requiring medical attention. My child is fully covered by our personal family health plan in the event of sickness or injury.

SIGNATURE OF PARENT/GUARDIAN:

DATE: _____

QC Goalkeeper Academy
1108 West Donahue Street
Eldridge, Iowa 52748
Phone: 563-381-0706
E-mail: michaelregan@augustana.edu



**HIGH SCHOOL GK
SUMMER CAMP**

@ Augustana College, Thorsen-Lucken Field

June 17-20, 2019

11:00am-1:00pm

Ages: Boys and Girls

Grades 9-12 (in Fall)

\$85 (includes a camp t-shirt)

GOALKEEPERS ONLY!!

michaelregan@augustana.edu

www.qcgkacademy.com



Camp Philosophy

The Camp will serve to provide training to those players who want to learn more about the art of goalkeeping. The sessions are catered to skill level and the curriculum builds from simple to more complex.

We will provide options for the beginner who wants to learn the basics, as well as for the experienced goalkeepers who are competing for a high school or college starting position.

The goalkeeper position is a very important part of the team, but many coaches do not have an assistant coach to dedicate specific training sessions to develop their goalkeeper. We will provide that environment so you continue to advance and develop your skills just like any other player on the field.

We will provide a fun, yet challenging curriculum that will focus on all aspects of goalkeeping from shot stopping, to dealing with crosses, to 1v1's, distribution, angles, communication to name just a few.

Academy Director

Mick Regan

- Head Coach, Men's Soccer @ Augustana College 2015-present
- Head Coach, Men's/Women's Soccer @ Ashford University 2004-2015
- United States Soccer Federation "A" License
- United States Soccer Federation National Goalkeeping License
- NSCAA Premier Diploma

The camp uses coaches who have specifically played the goalkeeper position at a high level who bring a wealth of knowledge to the learning environment.



Curriculum

The camp will focus on technical, tactical, physical, and psychological aspects of goalkeeping. Examples include:

- Footwork exercises
- Set Position
- Basic Diving
- Crosses
- Angle Play
- Shot Stopping
- Distribution from hands
- Catching
- Reaction Training
- Distribution from feet
- Positional Play

Registration

Checks payable to: Mick Regan

Send to:

Mick Regan

1108 West Donahue St

Eldridge, IA 52748