

## **CAMP FOCUS**

We will build on the most basic elements of the game in order to foster growth for both beginner and intermediate players as well as refine team tactics and play. After assessing individual player needs, we will enhance skill in some of the following areas:

- Dribbling
- Passing
- Footwork
- First touch
- Possession
- Defensive strategy  
(both 1 vs. 1 and team)
- Offensive strategy  
(both 1 vs. 1 and team)
- Shooting
- Goalkeeper training

## **CAMP SCHEDULE**

<b>9:00-9:10</b>	<b>Check-In</b>
<b>9:10-9:30</b>	Warm up
<b>9:30-10:45</b>	Stations including technical and tactical training
<b>10:45 - 11:45</b>	Small/ full field games
<b>11:45 - 12:15</b>	Lunch
<b>12:15 - 1:00</b>	Fun competitions

## **SUGGESTIONS**

Players are encouraged to bring extra drinks/water with them to camp (put name on water bottles).

All players must wear cleats and shin guards.

All players may bring a ball that is size appropriate to camp.  
(U8-size 3; U9-U12-size 4; U13-U14-size 5).  
**Please put the player's name on the ball.**

Wear sunscreen. The camp will be held rain or shine; however, in the event of a thunderstorm, please come pick up your camper!

## **SPARTA YOUTH GIRLS SOCCER CAMP 2026**



***Kick off the soccer season  
with great fun and  
technical/tactical training!***

**When:** AUGUST 10-13

9:00 – 1:00

**Where:** Station Park turf field

***OPEN to K-9<sup>th</sup> Graders  
Teams and individual players  
are welcome!***

**CAMP DIRECTOR:**

**DANIEL TRAPPE**

SHS Girls Varsity Soccer Coach  
Coach Trappe will be entering his 8th year as Camp Director and Head Coach for SHS Girls Soccer. Other coaching experience includes 3 years as an assistant for the CCM Men's Soccer Team, Assistant for NJ Rangers PDL program, and Goalkeeper Trainer for MatchFit, NJR, PDA, and NJ United. Coach Trappe looks forward to working with future SHS players, watching the young players develop their passion for the sport, skill, and continuing to foster the unified development of the Sparta girls' soccer program.

**STAFF:**

**VARSITY TEAM MEMBERS AND CAPTAINS**

Sparta High School's most passionate and competitive varsity soccer players will be working with the young athletes to enhance their technical and tactical game through demonstration and instruction. They are there to model the type of play, sportsmanship, and fun that is integral to the sport of soccer. They wish to build relationships and to serve as role models for these young players so that the Sparta girls' soccer family unifies on the fields and from the sidelines as our 2024 season's kick-off!

**\*COST:** \$165.00 per player

**\*All players will receive a camp t-shirt.**

**\*Campers may also bring their own age-appropriate ball with their name written on it.**

**Please mail applications/payment to...**

**22 Pleasant View Drive**

**Sparta NJ, 07871**

[daniel.trappe@sparta.org](mailto:daniel.trappe@sparta.org)

Venmo:

<https://venmo.com/u/Daniel-Trappe>

or @Daniel-Trappe

Checks should be made payable to: Daniel Trappe

**APPLICATION (deadline- 8/10)**

**(Please fill out and send with payment – preferably by July 2<sup>nd</sup> to ensure that a t-shirt will be ordered for your child.)**

**Same day registration is permitted but please let me know beforehand.**



Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Parent Name and Cell Phone Number: \_\_\_\_\_

Age in the fall of 2025: \_\_\_\_\_

T-shirt Size (Youth): S M L

Doctor's Name and Phone Number: \_\_\_\_\_

Emergency Contact Name and Number: \_\_\_\_\_

Medical Needs (Please list any specific

medical needs your child may have): \_\_\_\_\_

**Insurance Waiver:**

By signing the bottom of this brochure, you, as the parent/guardian of the child named in the application, are stating that your child does have insurance and that Sparta High School and Daniel Trappe are not responsible for any accident or injury that may happen to your child while they are in attendance of the Sparta Youth Girls Soccer Camp.

**Photo Consent:**    **Yes**    **No**

**Parent Signature and Date:**

---