

# Gustie Soccer Camp



## High School Team Development and Leadership Camp

For the past 18 years, the Gustie Soccer camp has offered a highly successful summer soccer camp program for young developing players. Our focus has been on creating a positive environment so that players take with them a rich enthusiasm for the game. Skill and tactical understanding are developed along with the desire for continued individual ability. High school varsity level players should already bring these

individual skills to their team. Success more and more is not solely determined by a talented individual or two, but by the ability of the team to perform as a unit. Team success is now a function of the combination of on the field and off the field teamwork, understanding, and commitment by all. We have created a mini-camp to help teams develop this extra edge to prepare for the high school season.



Team development, leadership, and understanding combine with our on field training sessions to kick start your team's new season.

## More than just Soccer - Team Building, Leadership & Responsibility

**Teamwork: (v)** - work done by a number of associates with each doing a clearly defined portion but all subordinating personal prominence to the efficiency of the whole



Guiding Principles are the expressions of our values in the world. These are the core principles that impact and guide everything we do - behaviors, habits, interactions with others, teammates, coaches, etc. Can players live up to this personal responsibility? Are they willing to make the commitment to themselves and the team to project these values with all that they do with soccer, school, and with friends and family? We will work with team leaders in understanding their leadership strengths. We will

guide the players in developing their own set of team values, goals and expectations during team meetings and players sessions.

**Leadership: (n)** - 1) the office or position of a leader; 2) the quality of a leader: the capacity to lead, "leadership is that ingredient of personality which causes men to follow"; 3) the act or an instance of leading, "true leadership... is enlightenment and exhortation"

## Location - Gustavus Adolphus College

St. Peter is located on Highway 169, 65 miles south of Minneapolis /St. Paul. Gustavus Adolphus College boasts an array of top quality athletic facilities at our disposal. Five full size game fields are utilized for training. We also have access to the Lund Athletic Center. The swimming pool, training room, locker rooms, and class rooms are all utilized. Housing is centrally located on campus. Our Market Place dining center serves pizza, pasta, Thai food, burritos, vegetarian stir-fry, salads . . . a countless variety of foods cooked on-the-spot.

## Dates and Availability

We have set aside a block of dates to best meet your team's needs. We will offer training sessions between July 22 and August 15. In this time frame you can schedule your team's training camp for any 2 or 3 day block. Your team will be the only program on campus. Space is limited please contact us to reserve your preferred time slot.

For more information contact:  
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## J.U.M.P. Teamwork/Performance Training

*I hear and I forget,  
I see and I remember,  
I do and I understand.*



Teamwork / Performance Coach Rick Rassier brings a group training format that utilizes a series of fun and challenging activities that allow participants to experience the concepts that relate to them individually and as a team. Because they participate in the message, they remember it, and most importantly, make applications to their performance as athletes. It is hands on learning with unlimited potential. Experiential learning is so effective because it equips

athletes with the necessary tools to deal with the mental aspects of training and competition. The experience is a powerful tool that can be designed to touch on a variety of issues. Teambuilding, confidence and the power of self talk, goal setting, dealing with frustration, communication, focus and awareness skills, and making good choices are areas that we develop.

### Program Outline

We have developed a three-day / two-night and a two-day / one-night program to suit your needs and budget. Our program combines on field training with off field team development, and leadership training.



#### Typical 3-Day Schedule

##### Day 1

12pm Arrive / Check-in  
1pm Team Meeting  
2pm - 4pm Training Session 1  
5pm Dinner  
7pm - 8:15pm Training Session 2  
9pm Team Building Activities  
10pm Group Activities

##### Day 2

7:30am Breakfast  
9am Team Building Activities (Rick Rassier)  
12pm Lunch  
2pm - 4pm Training Session 3  
5pm Dinner  
7pm - 8:15pm Scrimmages  
9pm Player Meetings (vision, goals, rules)

##### Day 3

7:30am Breakfast  
9am - 10:30am Training Session 4  
11:30am Working lunch/ Team Meeting  
1:30pm Scrimmages  
4pm Depart

### What is included / Pricing

On campus housing, meals, training sessions, team building activities, leadership training, and team development activities encompass our program. Access to athletic and recreational facilities is included. A certified athletic trainer is on staff.

As a team camp we require a minimum team commitment of 20 players.

#### Base Program Fees

(Two or three day camp: between July 31 and August 9 at GAC)

3 Day / 2 Night Full Package Program\* \$175 each  
2 Day / 1 Night Full Package Program\* \$125 each

(\* minimum of 20 players required)

**■** *The soccer staff at Gustavus Adolphus College has long recognized the value of robust team development. Having well trained soccer players on the field is important, but more important is having good leaders and team members that are committed to each other both on and off the field. Yearly, we engage our players in leadership training, goal setting, player expectations, and rule creation. This process is the corner-stone of our team camp program.*

Gustie Soccer Camps  
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<http://gustavus.edu/events/athletics/soccer/index.cfm>