

PREMIER AC DIRECTORS:

DAVE PETTICAN BSc Physical Education, England Camp Director UEFA 'B' License. FA Diploma in Coaching. Staff Coach Portsmouth FC Center of Excellence. EPL Former Partner Allan Ball Football Academy UK Senior Director of Coaching and Founder B.E.S.T Soccer UK/USA Former EPL player for Portsmouth FC and Southampton FC

PHILMORE GEORGE USSF 'A' License Camp Staff Director Head Women's Coach Spellman College GA. Former Head Women's Coach University of South Carolina. Inducted into the NAIA Hall of Fame. South Carolina State ODP Coach. Great South Conference Coach of the Year

IKE OFOJE BSc MS USSF 'A' License NSCAA National GK Diploma. Assistant Camp Staff Director Head Women's Coach University of South Carolina Aiken Former Head Men's Coach University of South Carolina Aiken. South Carolina State ODP Staff Coach NCAA Rules Committee Member former Nigeria Junior and National Men's Team player. Twenty Years of Camp Coaching experience

NKIRU OKOSIEME (NK) USSF 'B' License National GK Diploma Four FIFA World Cup Appearances (1991, 1995, 1999, 2003) Nigeria Women's National Team. One Olympic appearance (Sydney 2000) Nigeria Women's National Team Assistant Women's Coach. Clayton State University GA Director of Player Development, Attack Youth Soccer

SULLY HAMID – President, Premier AC. USSF "A" License. NSCAA Premier Diploma. UEFA "B" License.

STAFF COACHES

Darrel Marcelle USSF 'B' License NCSAA National Diploma, Italian Cert, Director of Coaching Premier AC

Alfonso Verastegui USSF/NSCAA Licensed, NSCAA Goalkeeper Licensed Assistant Girls Program Director Premier AC

Lester Calliste USSF/NSCAA Licensed Coach Brazilian Cert, Technical Director Premier AC

Mohamed Hamid USSF/NSCAA Licensed USSF National Youth License Premier AC Footskills Director

David Camara NSCAA Advanced National Diploma
Sheka Kamara USSF/NSCAA Licensed Ex Old Dominion University Striker

Ricardo Eleong USSF Licensed Trainer from Trinidad and Tobago

Raefer Warner USSF National Youth License

Bill Hamid Goal keeper, DC United First Team US U20 National Team

Katim Faal USSF Licensed Premier AC Footskills Assistant Director



Premier Athletic Club
4201 Wilson Boulevard
P.O. Box 110555
Arlington, VA 22203.

PREMIER AC Residential and Day Camp July 18-22, 2010



BLUE RIDGE SCHOOL
273 Mayo Drive
St George, VA 22935

www.premierac.org



THE PREMIER AC CAMP

is focused on team training. Our curriculum will emphasize on the team aspects of attacking and defending using different systems of play. The role and functions of positional play in these systems will be broken down in the defensive, middle and attacking thirds of play.

Coaching Staff - Premier AC is proud of the international coaching staff we have assembled for our residential camp. These coaches will expose our campers to the Pro Experience during the entire week of camp. Our coaching staff originates from all over the world, and have coached at Youth, High School, University, Professional and National Team levels. All Premier AC staff coaches are licensed by USSF, NSCAA, UEFA or other internationally recognized governing bodies of soccer.

Individual Training - All players will receive advanced skills training to improve their technical ability and speed of play. Each player's ability to "read the game" will improve and they will learn to recognize and play away from pressure while understanding their role when group defending.

Team Training - Players will be educated on the principles of attack and defense. They will receive functional training in different thirds of the field which will provide a dramatic improvement in speed of play through possession and support. Each camper will be taught individual roles in a collective defense.



Goalkeeper Training - All Keepers will work with fully licensed GK coaches and will receive advanced technical, tactical and functional training. Keepers will train in age and ability-appropriate groups to ensure they are challenged but not overmatched. Training includes angles/positioning, collecting/deflecting shots, dealing with crosses, distribution after the save, defending behind defenders and their role as the last defender.

Facilities - The campers will have access to beautiful well maintained fields, a large indoor facility, swimming pool, game room & air conditioned dorms!

For questions about the Premier AC camp, please call 703-477-6828 or e-mail premieracsoccer@aol.com. Please register early. Teams accepted on a first come first serve basis!



Left: PAC regular camper Lawrence Ade Taiwo selected by US Club Soccer as one of the best U15 player in the US...He'll represent US Club Soccer in Holland and Germany



Right: Bill Hamid attended all six years of PAC camp and three years as a counselor, will return as a DC United Goalkeeper and US U20 National Team Goalkeeper

Registration Form

Premier AC Camp

- Single Camper \$650
- Team Camper (min. 13 players) \$600
- Day Camper (Commuters) 8:30AM - 8PM \$500

Team Rate applies when registered as a team (13+ players). Team Registration must be received as a Team registration.

Sibling discount: \$25 per sibling after first child pays full price.

Deposit of \$100 due by 4/15/09. Full payment due by 6/1/09. No refunds for Cancellations.

Please note: Camp slots are filled on a first come first serve basis.

Please make checks payable to: Premier Athletics Club and mail to: c/o Camp Coordinator, Premier Athletics Club, 4201 Wilson Boulevard, #110553, Arlington, VA 22203.

Please ensure you have completed the following before mailing:
 1) Check signed 2) Registration form complete 3) Waiver signed 4) Medical insurance form attached.

Name _____

Address _____

DO.B. _____ Gender _____

Phone _____

Emergency Contact _____

Phone _____

Team Name _____

Roomate Requested _____

1st Choice _____

2nd Choice _____

Shirt Size: YS YM YL YXL AS AM AL AXL

Allergies and Medications (attach extra sheet of paper if needed)

Premier Athletics Club requires the following. We, the undersigned parents and or legal guardians of a camp participant under the age of 21 years, do hereby agree that he or she may participate in a soccer camp given by Premier Athletics Club.

In consideration that he or she has been accepted by Premier Athletics Club for instruction, we do further agree for and on behalf of him or her, and for ourselves individually and severally, that we will assume all risks attendant to traveling and participating at The Blue Ridge School, in conjunction with such course of instruction and that will hold The Blue Ridge School, Premier Athletics Club and its staff members harmless against all claims for damage to person or property occasioned by such traveling, and participation at The Blue Ridge School with the exception that The Blue Ridge School, Premier Athletics Club and its staff are not hereby released of liability for its acts of omissions consulting negligence.

Dates ____/____/____

Signature of Parent/Guardian _____