When you finish the Athletic Development Soccer Camp you will walk away with a packet explaining the progressions you did over the 3 days. This packet will also contain drills and exercises for you to continue the development of your athletic ability. You will learn…

* proper mechanics and techniques for running
* correct way to change direction to become quicker and decrease the chance of injury
* How to become faster and more explosive through basic plyometric and strength exercises that do not require a gym
* proper technique on basic lifts and discover which exercises are going to benefit you the most in your athletic development

Camp Highlights

Steve Murray

Steve Murray is the Director of the Deno Fitness Center and Strength and Conditioning Coach for all sports at Macalester College. Steve Murray has 10 years of experience in athletic development. Prior to his position at Macalester, Steve worked in Strength and Conditioning at 3 other Division III Institutions - Hamline University in St. Paul, Marietta College in Ohio, and Augsburg College in Minneapolis. He has also spent time in the private sector working for Hartman Strength and Conditioning and as owner of Elite Fitness LLC.
Top Level Facilities

Camps will have the opportunity to train in Macalester Colleges 175,000 square foot Leonard Center, which includes a 200 meter indoor track with multi-purpose courts, and use the college’s 9,000 square foot fitness center.

Camp Information

*Camp registration is from 8:30am – 9:00am on the first day.

11 - 14 years old: June 14th-16th   $100

This camp is designed for soccer players of all skill levels. The athlete to coach ratio will be 12:1. There will also be members of the Macalester Soccer Program assisting each of the coaches. Because of the need to keep the athlete to coach ratio at 12, the camp will be open to the first 36 athletes who register. A strong emphasis will be put on teaching the basics of movement and slowly progressing the athlete to show them how to help prevent injuries and improve their speed and agility through efficiency and base level drills.

Sign Up

Mail: Macalester College
     Athletics
     Att: Steve Murray
     1600 Grand Ave.
     Saint Paul, MN 55105

After You Register:
- You will receive a registration confirmation by email
- The email will include driving directions, clothing and shoe suggestions, 1st day information

Payments:
- Make Checks payable to Steve Murray
- There are no refunds
- If spots remain open, Sign Up on the first day of camp will be available from 8:30am until 9:00am. The cost for first day registration is $120

Questions:
Steve Murray: 651-696-6748

Purpose

Macalester College’s Athletic Development Soccer Camp is designed to teach athletes the proper technique and form for straight ahead speed and change of direction. We will break down the movements and teach the basic progressions to make you a more explosive athlete. The camp will also provide education on strength training, proper warm up, and stretching.

Daily Schedule

9:00am Teaching and implementing Dynamic Warm Up
9:15am: Session 1 Speed Development
10:00am: Session 2 Agility Training
10:45am: Session 3 Strength Basics
11:15am: Session 4 Stretching and Wrap Up

M A C A L E S T E R  C O L L E G E
Athletics
Att: Steve Murray
1600 Grand Ave.
Saint Paul, MN 55105
Phone: 651-696-6748
E-mail: smurray1@macalester.edu