

About the Camp

In only its seventh year, the USAO residential soccer camp has attracted the attention of many talented soccer players throughout the state of Oklahoma and the region. The camp offers soccer players the opportunity to enhance individual and team skills vital for success at the club, high school, ODP or collegiate levels. Past campers have included regional and national players currently competing on the NAIA and NCAA Division I levels. Every day offers each camper the opportunity to improve his or her speed and agility, along with technical training and tactical awareness within an intense training environment. Campers will be exposed to small-sided game situations as well as full-sided evening matches.

“ This camp will help you realize your goals and allow you to leave camp better equipped to take your game to the next level. ”
 - Coach Jimmy Hampton

Goalkeeper Training

Goalkeeper training is another important feature of the USAO Residential Camp. Goalkeepers will be able to train separately from field players. The USAO goalkeepers training sessions curriculum will be organized by Alexis Vizarelis.

“ Emphasis will be placed on the physical, mental, technical and tactical components of goalkeeping. Each evening, they will be able to display their skills in full-sided games. ”
 - Coach Alexis Vizarelis

Residential Schedule

8 a.m. Wake-Up
 8:15 - 9 a.m. Breakfast
 9:15 a.m. Meet in front of residence hall
 9:30 - 11 a.m. Training session

 11:15 a.m. - 12:15 p.m. Lunch

 1:15 p.m. Meet in front of residence hall
 1:30 p.m. - 3 p.m. Training session

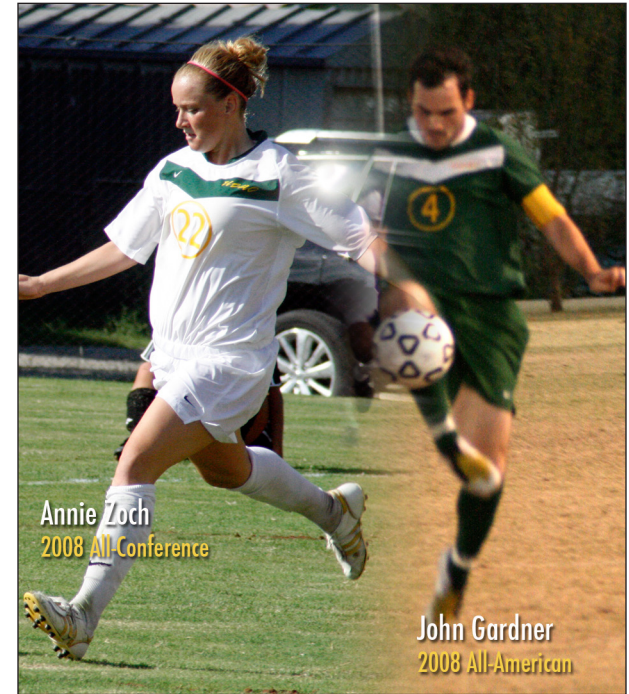
 4 - 5 p.m. Dinner

 5:30 p.m. Meet in front of residence hall
 6 - 8 p.m. Evening Games
 8:30 - 9:15 p.m. Team Meetings
 10 p.m. Lights out

USAO Soccer
 1727 W. Alabama
 Chickasha, OK 73018

USAO

Residential Soccer Camp 2009



Annie Zoch
 2008 All-Conference

John Gardner
 2008 All-American

July 6-9

Boys Camp

July 12-15

Girls Camp

Sooner Athletic Conference
 Men's Tournament Champions

2003, 2004 & 2005

Arrivals/Departures

- **Boys Residential Team Camp, July 6-9:**
Check-In will be from 9 - 11 a.m. on July 6.
Players will check-out by noon on July 9.
- **Girls Residential Team Camp, July 12-15:**
Check-in will be from 9 - 11 a.m. on July 12.
Players will check out by noon on July 15.

Supervision

USAO offers the perfect setting for a great week of camp. Campers will have adult staff living in the residence hall, providing 24-hour supervision. A trainer will be on duty and will attend soccer sessions.

USAO will also have campus security and residence hall staff available around the clock. Residential staff will include members of the USAO soccer team.

Cost

The total cost is \$325 for the week of camp, and includes three (3) nights lodging, meals, t-shirt, Nike soccer ball and written evaluation. No refunds after first day of camp.

Application Procedures

Complete the registration form, detach and send with a non-refundable deposit of \$125. The deposit and registration must be received by June 10. Following the registration deadline, the cost of the camp is \$375. Please include your email address, and upon receipt of registration, a confirmation letter will be emailed, along with all important camp information and medical forms. Required forms can also be downloaded from the soccer web site at www.usao.edu/msoccer or www.usao.edu/wsoccer. All campers must have insurance and medical forms completed and turned in prior the start of the camp.

USAO Residential Camp will offer teams the ability to train and play together. This is the perfect opportunity for a team and coach to live, train and compete in a demanding soccer environment. Each team's coach will attend free of charge, be asked to serve in a supervisory capacity, and be actively involved in team training.

- 11-a-side teams need a minimum of 15 players.
- 8-a-side teams need a minimum of 12 players.

COACHES ARE ENCOURAGED TO CALL FOR FURTHER INFORMATION.

Contact Alexis Vizarelis at (405) 574-1370 or at avizarelis@usao.edu

Jimmy Hampton

Camp Director



- 10 years collegiate coaching experience
- USSF "A" license.
- 5 Conference Titles.
- 16 high school state championships.
- 4-time high school state finalists.
- Overall 191-21-1 high school coaching record.
- Director of Coaching, Edmond Soccer Club.
- 16 State Club Championships.
- 3 Club National Runner-Up Finishes.
- Family: wife, Keri, 3 children: Alexandria, 18 Butch, 12 Dax, 11.

Starting the USAO soccer program from scratch, coach Jimmy Hampton's men's and women's teams have had winning seasons in 17-of-20 seasons.

Alexis Vizarelis

Assistant Camp Director



In his seven seasons with the USAO soccer programs, Vizarelis has helped produce two record-breaking goalkeepers and a two-time all-American. A recent inductee into the USAO Athletic Hall of Fame, Vizarelis once held every major goalkeeping record as a four-year stater for coach Hampton. Vizarelis, who is married to former USAO basketball standout Janice Vizarelis, still holds the season record for saves (202) and wins (17) and career records for saves (453) and shutouts (21).



Tony Orsi
Assistant Coach

Orsi is currently the boys coach at Deer Creek High School and an assistant at USAO. He led Deer Creek to a state semifinals appearance in 2008.

Austin Risenhoover
Assistant Coach

Risenhoover has been an assistant at USAO and the head girls coach at Edmond North High School for three seasons. As a player, he was a two-time state finalist.



USAO Highlights

Men

- 5 Conference Titles
- 30 All-Conference selections
- 6 All-Region selections
- 11 NAIA All-Americans
- 6 NAIA Scholar-Athletes
- Region VI semifinalist

Women

- SAC Tourn. qualifier
- NAIA Region VI Tourn. qualifier
- 11 All-SAC selections
- 6 All-Region selections
- 9 NAIA Scholar-Athletes

Registration

Name: _____

Address: _____

City: _____ State: _____ ZIP _____

Parent's Name: _____

Home Phone _____

Work Phone _____

Personal Information:

Date of Birth: _____ Age: _____

Grade in School Next Year: _____

Name of School: _____

Club Team Name: _____

Club Team Coach: _____

Roommate Preference: _____

*Every effort will be made to accommodate roommate requests. No guarantees.

Select your T-shirt size: (circle)

Youth M L

Adult S M L XL

Select size of soccer ball: (circle)

Size 4 (U 9-12)

Size 5 (U 13 & up)

Total Enclosed: \$ _____

Check (payable to USAO Soccer)

Visa

Mastercard

Discover

Card No. _____ Exp. _____

Name on Card: _____

Signature: _____ Security Code _____

Mail form to USAO Soccer, 1727 W. Alabama, Chickasha, OK 73018

Questions???

Call (405) 574-1370

or e-mail: avizarelis@usao.edu

Enrollment is limited!!!!