

SUMMER
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2020

SUMMER
SOCCER
2026

Jack's
Goalkeeping
Camp

EVERYTHING YOU NEED TO
KNOW FOR YOUR WEEK

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WELCOME TO CAMP

Welcome to the Charlotte Independence Camp program. CISC is looking forward to you joining us this summer. We are excited to bring you our expertise in training recreational soccer players all the way to professional players.

We have worked extremely hard to put together the best staff and curriculum for every camp. Our highly qualified staff is made up of CISC directors, CISC coaches, college coaches, local college players, and some of our CISC professional players.

At CISC our philosophy is to train every camper “The Independence Way”. The Independence Way is to provide the best possible soccer environment to every player in everything we do. Our curriculum is designed to prepare players for competition through tactical and technical sessions. We accomplish this in a fun environment.

CISC camps are for soccer players of any AGE and ANY skill level. Regardless of which camp you decide, we are committed to making your choice a great experience. This handbook contains all the necessary information that you or your child will need to ensure that experience.

Pat White



CAMP SCHEDULE

***FOR ALL CAMPS EXCEPT MATTHEWS**

9:00AM - 12:00PM

9:00 AM | GOALKEEPER WARM-UP

Dynamic movement, footwork patterns, handling prep, diving mechanics, activation

9:30 AM | TECHNICAL GOALKEEPING TRAINING

Set position & movement

Handling (ground balls, mid/high balls)

Diving technique & recovery

Distribution (hands/feet)

10:30 AM | GAME-REALISTIC GK SCENARIOS

1v1 situations

Breakaways

Crosses & cut-backs

Shot stopping with pressure

11:00 AM | SNACK BREAK

11:15 AM | FUNCTIONAL GAME PLAY & DECISION-MAKING

TOURNAMENTS & SMALL-SIDED GAMES

GK joining the Field Players

Playing out of the back

Communication, starting position, and awareness

Reaction saves & second actions

11:50 AM | REVIEW & THEN DISMISSAL

Key finishing takeaways, individual feedback, Q&A, and then dismissal

MATTHEWS CAMP SCHEDULE

8:30AM - 10:30AM

8:30 AM | GOALKEEPER WARM-UP

Dynamic movement, footwork patterns, handling prep, diving mechanics,
activation

8:45 AM | TECHNICAL GOALKEEPING TRAINING

Set position & movement
Handling (ground balls, mid/high balls)
Diving technique & recovery
Distribution (hands/feet)

9:00 AM | GAME-REALISTIC GK SCENARIOS

1v1 situations
Breakaways
Crosses & cut-backs
Shot stopping with pressure

9:30 AM | SNACK BREAK

9:45 AM | FUNCTIONAL GAME PLAY & DECISION MAKING- PLAYING

Communication, starting position, and awareness
Reaction saves & second actions

10:15 AM | REVIEW & THEN DISMISSAL

Key finishing takeaways, individual feedback, Q&A, and then dismissal

CHECKLIST

WHAT DOES YOUR CAMPER NEED?

MANDANTORY:

- Water Bottle
- Soccer Ball
- Cleats
- Shin Guards
- Snacks
- Extra Water

OPTIONAL:

- Sweats
- Extra Shirt
- Rain Jacket
- Sunscreen
- Towel
- Hat
- Extra Socks



**PLEASE MARK ALL CAMPERS
THINGS WITH INTIALS*



CAMP SHIRTS

Every camper will receive a camp t-shirt at the beginning of the week. All campers are to wear their shirt on the last day for pictures!



FIND YOUR CAMP WEEK LOCATION

JUNE 22 - 26

- Matthews
 - Matthews Sportsplex:
2425 Sports Pkwy.
 - Field 6

JULY 6 - 10

- Mooresville
 - Mazeppa Park: 645
Mazeppa Rd
 - Fields 3 & 4

JULY 13 - 17

- Rock Hill
 - Manchester
Meadows: 337 E
Mount Gallant Rd
 - Fields 1 & 2
- Huntersville
 - Richard Barry Park:
13707 Beatties Ford
Rd
 - Fields 1 & 2

CAMP WEATHER COMMUNICATION

- If there is inclement weather before camp, we will notify you of any delays by 8:00 a.m. via the email address used to register.
- If there's no update camp is still on, and we will update you at the field
- In the event of unexpected inclement weather during camp, we will halt play and seek shelter, until it passes.
- We will notify you by email you registered with
- [Club weather policies linked here!](#)



COMMUNICATION AND SAFETY

DROP OFF AND PICK UP:

- Be there 30 minutes before on First day for check-in. All other days drop off ten minutes before.
- Please be prompt for pick up. Double check your pick-up time. If you need to pickup your camper early, find the Director and check out with them.

MEDICATIONS/ ALLERGIES:

- If your camper has any medications or allergies, we should be aware of, please let the check-in person know Monday morning. If you have medication that needs to be administered at camp, please put it in a Ziploc bag with Camper's name on it, and hand it to check in person.

VISITING YOUR CHILD AT CAMP:

- If you want to come visit camp or stick around at camp, please try to stay off the fields the until pick up time at 12.

CAMP UPDATES AND NOTIFICATIONS:

- Unfortunately, PlayMetrics does not currently support camp schedules or alert notifications. All camp updates and communications will be sent to the email address used during registration. If you would like another person to receive camp notifications, please update the contacts listed in your PlayMetrics account.

CONCERNS

DURING OR ABOUT CAMP?

first point of contact



MOLLY DEAL

**MARKETING AND ADMINISTRATIVE
COORDINATOR FOR CAMPS AND
FUTSAL**

MOLLYD@INDEPENDENCESOCCER.CLUB
(704) 894-9995

second point of contact



PAT WHITE

**DIRECTOR OF SUPPLEMENTAL
PROGRAMS**

PATW@INDEPENDENCESOCCER.CLUB
(414) 305-0346

OUR SOCIALS

@independence_sc

follow along with us this summer



CAMP SPONSORS

A huge thank you to all our incredible sponsors for making Charlotte Independence Soccer Club's Summer Soccer Camps a resounding success! Your generous support has directly impacted hundreds of young athletes, providing them with invaluable opportunities to develop their skills, build teamwork, and foster a love for the beautiful game. Because of you, we've been able to create a memorable and enriching experience for every camper. We're so grateful for your commitment to our community and the future of soccer in Charlotte!

Official healthcare provider

