

### Steve Lovgren - Co-Camp Director

USFFA License,  
NSCAA Premier Diploma  
USFF Youth License  
NSCAA Youth Certificate



Currently Steve is the Director of Coaching for Dynamo Soccer Club. He also serves as a Virginia Coaching Education Instructor on the VYSA State staff. He is an owner and operator of Commonwealth Soccer Programs.

Formerly, the Director of Coaching and Director of Camps and Academies for the Richmond Kickers, Steve came from Eastern FC youth soccer club. Steve has an extensive and successful background with regards to his participation in youth soccer.

Steve has played soccer collegiately in Syracuse, NY and in Delaware. He has earned a Bachelor's Degree in Business Administration from VCU. Steve is married with 4 daughters.

### Shawn Martin - Co-Camp Director

USFF B License  
NSCAA National Diploma  
NSCAA Youth Certificate



Shawn Martin currently coaches for Dynamo Soccer Club and is the Clover Hill High School Girls Soccer Coach in Richmond, Virginia.

Shawn has had several positions with working as a coach and Tech. Director for MYSL and also with the R. Kickers. He has also served as a Director and senior staff member for Soccer Academy, Inc. and on State and Regional ODP.

Shawn is the former Director of Girls' Soccer with Williamsburg Soccer Club. In addition to those duties, he served as the Women's Asst. Soccer Coach with CNU taking on goalkeepers as well. Previous to that, he was the NC Wesleyan College Men's Asst. Coach.

While playing at NC Wesleyan College, Shawn earned his B.S. in Physical Education. Shawn is married and teaching in Chesterfield County.

### About Commonwealth Soccer Programs

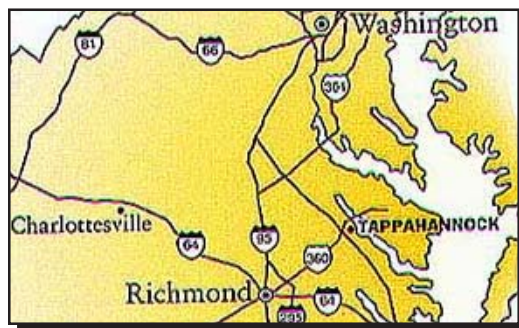
CSP has been providing soccer instruction to the Richmond area since 1997. As a complete soccer education provider we offer Summer and Spring Break Camps, Team Training, Clinics, & Private Training. Every camp is delivered by a full time professional soccer coaching staff.

CSP holds extremely high standards as providers of soccer training in Virginia. We deliver diverse soccer programs, which are both inspirational and educational. These programs are age and ability appropriate for all players and are founded on the principles of safety, learning and enjoyment.

As soccer continues to rapidly grow, so has CSP's vision. Through continuing education CSP is introducing new innovative ideas.

### About St. Margaret's School

St. Margaret's School in Tappahannock, Virginia, is a church-sponsored, college preparatory, boarding and day school enrolling girls in grades 8-12. Situated in a small town (population 1,200) on the Rappahannock River, the school's location combines the rural atmosphere of the historic Tidewater area with convenient access to the educational and cultural resources of both Richmond (45 miles away) and



### Programs Offered/Cost

Individual Camp	\$575
Team	\$575
Goalkeeper Camp	\$575
Commuter	\$275

CSP asks for a deposit of \$100 per player upon registration. The remaining balance due 30 days prior to start of camp.

Price includes camp t-shirt, room, food, instruction and curriculum. No additional costs will be required.

### Goalkeeper Training

Danny Huerta (pictured below) will be conducting the goalkeeping academy. Danny is a VA State ODP coach and works with several of the top clubs in Virginia.

The goalkeeper's performance in today's game is taken very seriously by CSP. During the week our goalkeeper training staff extensively reiterates technique. In field player training sessions, goalkeepers are integrated to create real game like situations. The use of video is also used during training and even-ing matches to help goalkeepers envision their successes and work on their weaknesses. Their week long experience will be equal to a whole season's worth of training.



### Team Training Program

Each team has different needs. Teams that participate in the CSP Residential Camp will be paired with a CSP coach that best meets their needs. Once registered, the coach of the team will be given a questionnaire. This questionnaire will be used to develop a custom tailored personal program prior to the team's arrival, in order to maximize the experience.

### Players Will Learn/Experience:

- Speed/Agility Training
- Team Building/Psychological Training
- Increased Speed of Play
- Principles of Team Play
- Individual & Team Defenses
- Possession/Support Play
- Attacking Strategies in the final 1/3
- And much much more!

## How to Register a Team



To register take the following steps:

**Teams:** Contact a CSP staff member at 804-833-2092 or [steve@cspsooccer.net](mailto:steve@cspsooccer.net). A registration packet will be sent to you with frequently asked questions, a registration form, and detailed directions about the process.

**Goalkeepers and Players:** Register online at [www.cspsooccer.net](http://www.cspsooccer.net) and an information packet will be mailed to you 30 days prior to the start of camp.



## Typical Day



7:30	Wake Up!
8:00	Breakfast
9:00-11:00	Morning Training Session
12:00	Lunch
1:00-2:00	Classroom Session/Film Session
2:30-4:00	Afternoon Training Session
4:00-4:45	Pool Time
5:00	Dinner
6:45-8:30	Night Matches
11:00	Lights Out!

## Cancellation Policy



Participants are required to make a \$100 deposit for each player attending the camp. If a participant withdraws 60 days or less prior to the start of the camp, deposits will be forfeited. Teams need to have a minimum of 12 players attending the camp, 15 is optimal.

**TO REGISTER  
CALL 804-833-2092  
[www.cspsooccer.net](http://www.cspsooccer.net)**

**COMMONWEALTH  
Soccer Programs**

1153 Huguenot Trail  
Midlothian, Virginia 23113  
804-833-2092  
[www.cspsooccer.net](http://www.cspsooccer.net)  
[steve@cspsooccer.net](mailto:steve@cspsooccer.net)



# COMMONWEALTH Soccer Programs



## RESIDENTIAL SOCCER CAMP

at  
*St. Margaret's School  
Tappahannock, Virginia*

July 26-31, 2009

or  
August 2-7, 2009

*For: Individuals, Teams, & Goalkeepers*



**804-833-2092  
[www.cspsooccer.net](http://www.cspsooccer.net)**