

**ABOUT THE CAMP:**

With the premier goalkeeper camps costing anywhere from \$625-\$785, we want to give individuals a chance to get the same type of training...without the huge cost. The staff has trained or instructed at the best goalkeeping schools in the country. It will be first-class instruction for goalkeepers of all ages and all abilities...from a beginner to the highest level of ODP & Y-League!

**The Young GK Academy**  
**The Junior High GK Academy**

**Days: Monday-Friday**

**Young GK Ages: 7-11 (male & female)**

**Junior High GK Ages: 12-14 (m & f)**

**Time: 9:30-11:30 am**

These programs are designed for younger keepers at all levels of experience. Instruction will have three levels: a) Beginner b) Intermediate c) Advanced. The training will be age and ability appropriate. The curriculum has been created to challenge each goalkeeper to improve in all components of the game, while having a great time.

**The Goalkeeper Academy**

**Days: Monday-Thursday**

**Ages: 15-20 (male & female)**

**Time: 5:45-8:00 pm**

If you are ready to become a better goalkeeper, this program is for you. The curriculum below has been created to develop all areas of a goalkeeper. This intense training offers a great balance between the technical skills, tactical understanding, and goalkeeping-specific "physical training". With a combination of pressure training, match-related activities, and functional training sessions, you will walk out of this camp a much-improved goalkeeper at any level. ANY RISING FRESHMAN OR SOPHOMORE IN COLLEGE is welcome to attend and be challenged!

**Techniques**

- Catching & Handling
- Shot Saving
- Tipping & Parrying
- Crossed Balls
- Boxing
- Diving Saves
- Footwork

**Tactics**

- Decision making
- Organizing the Defense
- Breakaway Saves
- Angle Play and Positioning
- Starting Positions
- Reading the Attack
- Distribution
- Stance

**Physical Component**

- Proper Warm-up
- Prevention of Injury
- Flexibility & Coordination
- Pressure Training
- Strength & Agility
- Mobility
- Balance

**Academies will enhance their functional sessions with the use of JUGS machine training.**

**DIRECTOR: Mike Payne**

Head Coach Hudson High School

- DI State Champions (02) & Final 4 (01)
- Touchdown Club "Coach of the Year" (02)
- Ranked #1 in country by NSCAA
- Regional Runner-up (00)
- WRC "Coach of the Year" (00,01)
- Hudson United Soccer Club Coach
- USSF "A" License
- OYSA-N Coaching School Instructor (99-present)
- ODP Goalkeeper Instructor (98-99)
- Greater Akron Ron Pinsenschaum Award (08)



MIKE PAYNE

PLAYING EXPERIENCE

- Cleveland Caps USISL (97-98)
- Columbus Invaders NPSL (97)
- Hampton Road Mariners USISL (96)
- Drafted by Cleveland Crunch (96)
- University of Akron (92-95)

**HEAD CLINICIAN: Jason Spoknik**

Director of Soccer Operations at CVCA

- State Championship (DII) (07)
- Ranked #1 in state (DII) (05)
- Nationally ranked (06)
- State Championship (DIII) (04)
- Ohio "Coach of the Year" (04)
- State Runner-up (02) (08)
- Regional Finalist (01) (03)
- Touchdown Club "Coach of the Year" (01) (02) (04) (05) (07) (08)
- Plain Dealer "Coach of the Year" (02) (04) (05) (07)



JASON SPODNIK

Assistant Coach at Messiah College (95-00)

Messiah College: Div. III National Champions (00)  
 Director of Messiah Soccer Goalkeeping School  
 KNVB "B" License, USSF "B" License & English FA Badge  
 Instructor Soccer Plus Goalkeeping School, Keith Von Eron  
 Pro Camp No 1 Goalkeeper Camp, Star Goalkeeping Camp

PLAYING EXPERIENCE

- Messiah College (88-91) All-Region (90-91)
- Charlotte Eagles USISL (92)

**STAFF:** Clinicians consist of highly regarded goalkeepers who have all been trained at the highest level and are excited to "teach their trade".

**Camp Fees & Registration:**

The cost of the Goalkeeper Academy is \$135. **(No price increase for past four years)**  
 The full fee must accompany completed application and signed release form.

Checks should be made payable to **The Goalkeeper Academy/Mike Payne.**  
 Send check, application, and medical release to:

**The Goalkeeper Academy:**  
 C/O Mike Payne  
 4167 Chapman Dr.  
 Brimfield, OH 44240



Application: Name \_\_\_\_\_ Male  Female   
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip Code \_\_\_\_\_ Email \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Age as of September 2008 \_\_\_\_\_ GK experience \_\_\_\_\_  
 School \_\_\_\_\_  
 Club \_\_\_\_\_  
 For my age group, I consider myself: Advanced Intermediate Beginner  
**Please check the camp you will be attending: :**  
 \$135 - The Young Goalkeeper Academy (9:30-11:30) (Mon-Fri)  
 \$135 - The Junior High Goalkeeper Academy (9:30-11:30) (Mon-Fri)  
 \$135 The Goalkeeper Academy (5:45-8:00) (Mon-Thurs)  
 In case of emergency, call \_\_\_\_\_ PH# \_\_\_\_\_

**Goalkeeper Academy Release Statement & Parental Consent Form**

(Child's Name) has my permission to participate in the Goalkeeper Academy. I understand that camp participation may involve significant physical activity that could result in injury. I certify that the child is in good physical condition and is fully able to participate. I assume all risk involving incidents with my child and his/her participation and release the Goalkeeper Academy, it's employees, agents, officers, and volunteers from liability, claims, expenses, and actions that may cause injury or harm to the child as a result of camp participation.

In the event of a medical emergency, I authorize the Goalkeeper Academy to designate a physician or hospital or emergency personnel to provide medical care to the child, and release the Goalkeeper Academy from any liability for injury or harm to the child that may result from the medical care. I understand the responsibility for payment for such medical care will be mine and certify that the child is covered by adequate medical insurance.

I, \_\_\_\_\_, declare that I am the Father/Mother/Guardian of the above named child. I agree with this medical release and give my consent for my child to participate.

Signature of Parent or Guardian

Date

**For more information:**

Call: 330-338-8337  
330-678-4088

Or E-mail: [paynem@hudson.edu](mailto:paynem@hudson.edu)

**Quotes from past Keepers and their parents:**

*"I've been to two major keeper camps in Ohio and this camp blows them away."*

*"For the money, I can't imagine there being a better camp in the country. The individual attention was fantastic."*

*"I learned more in four days than I had for the last two seasons. I know I am ready for the next level."*

*"Our son came to the Young GK Academy a little scared because he was relatively new at goalkeeping, but he had such a great time he never wanted to be picked up."*

*"I am so ready for the fall. Thanks"*

**Directions to CVCA Fields:**

Cuyahoga Valley Christian Academy  
4687 Wyoga Lake Rd.  
Cuyahoga Falls, OH

From the North: Take Rt. 271 South to Rt. 8 South (Boston Hts, Akron exit). Stay on Rt. 8 until the Rt. 303 exit (Hudson/Peninsula exit). At the exit ramp go straight - this turns into Akron Cleveland Rd. Go to the yellow blinking light where there is a "Y" in the road. Veer left at the "Y" onto Wyoga Lake Rd. The Fields are behind the school to your left about 1/2 mile down Wyoga Lake Rd.

From the South: Take I-77 to the Akron area where you will follow Rt. 8 North to Steels Corners Rd. exit. Turn left at the end of the ramp. At the 3<sup>rd</sup> light turn right onto Wyoga Lake Rd. The Soccer Fields are behind the school, which is about a mile down Wyoga Lake Rd on the right.

From the East or West: Take I-76 to the Akron area where you will follow Rt. 8 North to Steels Corners Rd. exit. Turn left at the end of the exit. At the 2<sup>nd</sup> light turn right onto Wyoga Lake Rd. The Soccer Fields are behind the school, which is about a mile down Wyoga Lake Rd on the right.

**THE GOALKEEPER ACADEMY**



**PLUS: (MORNING SESSIONS)  
YOUNG GK ACADEMY & JR. HIGH GK ACADEMY**



**JUNE 15-19 2009  
AT CVCA SOCCER FIELDS**