

**LA CUEVA HIGH SCHOOL
BEAR SOCCER
1986-2023
A TRADITION!**

***"The will to win is nothing without
the will to prepare!"***

The La Cueva Soccer Programs have had a successful history at all levels. The Women's program has three teams. The La Cueva Women's Soccer (LCWS) team has won 16 varsity championships between 1989-2023 and numerous Spirit and Novar Cups for JV and C-Teams.

Approximately 60 participants make up LCWS' three teams (Varsity, JV and C Team) in the program. The Women's head coach is Amber Ashcraft. The JV and "C" teams are coached by young adults, most of whom have played for La Cueva in the past. The key to the success of the La Cueva Programs has been consistency: Great players dedicated to the program.

La Cueva soccer tryouts begin on Monday, August 14, 2023. Each player will be expected to come to tryouts in good physical condition and ready to play at the highest levels. Team camp will include fitness, but players must come to team camp prepared to participate at the highest level, so ***fitness is a prerequisite***. Team camp will also prepare athletes for the demands of tryouts: technically, tactically, & physically.

BEAR TEAM CAMP 2023

This camp is designed to prepare players (incoming 8th – 12th graders) for the 2023-24 season. Players will be involved in technical, fitness, and tactical training sessions.

The coaching staff for the 2023-24 LCWS Team Camp will include La Cueva Head Coach Amber Ashcraft, who is up for several regional awards for coach of the year and is on the High School All American coaching staff. Other members of the La Cueva coaching staff will be assisting with the camp.

This will be our 16th year for team camp. The emphasis will be tactical training. This camp will involve full soccer play and contact.

Cleats and Shin Guards are mandatory. All athletes should come with a soccer ball, soccer shoes, running shoes, shin guards, & a water bottle.

**Cost: \$180.00 includes Insurance & T-shirt
Cost after July 1st: \$220.00**

Complete the back of this page and return it to the address indicated as soon as possible.

Enrollment is based on forms submitted prior to July 1st. Walk-ups are welcome, but players are encouraged to get their registration in early to avoid delay in the process. The camp will be competitive so please plan accordingly.

In addition to completing & mailing this Team Camp Registration Form, **please complete the LCWS Soccer Athlete Contact Form on our team website (www.lacuevawomenssoccer.com)** to ensure you receive email updates.

**WOMEN'S TEAM CAMP
July 31-August 3rd 2023.**

Arrive Monday at 8:30am to check in.

Two Sessions Daily (M,T,W)

(Thursday afternoon session ONLY)

9:00 AM – 11 AM Technique

4:00PM – 6:00PM Tactics/Game Situations

(*Times subject to change)

Enrollment is limited to approximately The FIRST 70 girls.

Athletic Physicals *MUST* be completed prior to Team Camp. Please go to <https://lacueva.aps.edu/athletics> and follow the instructions on "HOW TO TURN IN A PHYSICAL".

***Physicals will be submitted online.**

2023 WOMEN'S TRYOUTS

Tryouts will begin August 14, 2023.

Teams will be selected at the end of tryouts.

All athletes are expected to come to tryouts with a soccer ball, soccer shoes, running shoes, shin guards, and water bottles.

TRYOUT EXPECTATIONS:

**Be on time, be prepared,
and ready to work hard.**

BEAR TEAM CAMP 2023-2024

Cost: \$180.00*

(Includes a T-shirt)

*Cost if payment is **after July 1st** or brought on the first day of camp: **\$220.00**

Make Checks Payable to:
LCHS Women's Soccer Booster Club
Or Pay Via VENMO:
@ lacuevawomenssoccer

Mail this form to:

Coach Amber Ashcraft
8117 Avenida la Pristina
Albuquerque, NM 87109

*Send **both** this signed *registration form* and a *check*. (Indicate **athlete's name** on check.)

**Physicals* to be completed online before camp.

FOR ADDITIONAL INFORMATION

Call: Coach Amber Ashcraft @ 505.250.6043

Email: akelley5@aol.com

Website: www.lacuevawomenssoccer.com

TRYOUT INFORMATION
WOMEN'S TRYOUTS
La Cueva Soccer tryouts start August 14,2023.
See website for more information.

***Physicals must be completed PRIOR to Team Camp. You will not be allowed to participate without a physical. Refer to our team website for instructions to submit the physicals online or go to dragonflymax.com to create an account.**

2023-24

LA CUEVA BEARS

WOMENS' SOCCER TEAM CAMP

"Training for Excellence"



2023-24 LCWS TEAM CAMP

July 31-AUGUST 3, 2023

TWO SESSIONS DAILY

ON MON, TUE, WED

9:00 AM – 11:00 AM

4:00 PM – 6:00 PM

THURSDAY 4:00PM-6:00PM ONLY

**Times subject to change*

NAME: _____

AGE: _____

August 2023 GRADE: 9 10 11 12

T-Shirt (adult): S M L XL XXL

Athlete Phone: _____

Athlete Email: _____

Address: _____

Zip: _____

Parent/s: _____

Parent Phone: _____

E-mail Address: _____

Medical/Health Problems:

I realize the intense demands of a soccer camp and give my daughter permission to participate in the Bear Team Camp. My child is in good physical health and does not have health problems that might prohibit participation. I agree to make the coaching staff aware of any conditions or injuries that might prohibit or inhibit activities presented in the camps. I agree to hold APS, La Cueva, and La Cueva Soccer harmless for injuries that may occur during camp.

Student-Athlete Signature

Guardian/Parent Signature

Date: _____