

**LA CUEVA HIGH SCHOOL  
BEAR SOCCER  
1986-2020 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 Men’s and the Women’s programs each have three teams. The La Cueva Women’s team has won 16 varsity championships between 1989-2019 and numerous Spirit and Novar Cups for JV and C-Teams. The La Cueva Men’s teams have won 7 championships. The Men’s teams have also won numerous (JV) Novar Championships and Bryan Cline “C” team/Freshman tournaments.

Each program (Men’s & Women’s) has about 60 participants total on the three teams. The Men’s head coach is Easy Jimenez and the Women’s head coach is Amber Ashcraft. The J-V 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.

**BEAR TEAM CAMP 2020**

High School soccer tryouts begin on Monday, August 10<sup>th</sup>. 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 pre-requisite**. Team camp will also prepare athletes for the demands of tryouts: technically, tactically, & physically.

**BEAR TEAM CAMP 2020**

This camp is designed to prepare players (Incoming 9th – Seniors) for the upcoming season. Players will be involved in technical, fitness and tactical training sessions.

The coaching staff for the 2020 Boys Team Camp will include head La Cueva coach Easy and the Girls Team Camp is lead by Amber Ashcraft, who has been recognized for several coach of the year regional awards and is on the High School All American coaching staff. Members of the La Cueva coaching staff will be assisting with the camp.

Emphasis of team camp will be tactical training and will involve full soccer play and contact. **Cleats and Shin Guards are mandatory.** All athletes should come with balls, soccer shoes, running shoes, shin guards, and water bottle.

**Cost: \$160.00 includes  
Insurance and T-Shirt  
Cost after June 1<sup>st</sup>: \$200.00**

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 June 1<sup>st</sup>. Walk ups are welcome, but players are encouraged to get registration in early to avoid delay in the process. The camp will be competitive so please plan accordingly.

**WOMEN’S TEAM CAMP**

**July 27<sup>th</sup>- July 31<sup>st</sup>**

Arrive Monday at 8:00am to check in.  
Two Sessions Daily (Mon – Thurs)  
8:00 AM – 10:00 AM Technique  
6:00 PM – 7:30 PM Tactics / Game Situations

**MEN’S TEAM CAMP**

**Aug 3<sup>rd</sup> - Aug 7<sup>th</sup>**

Arrive Monday at 8:30am to check in.  
Two Sessions Daily (Mon – Thurs, Fri am)  
9:00 AM – 11:00 AM Technique  
4:00 – 6:00 PM Tactics / Game Situations

**Enrollment is limited to approximately  
The FIRST 70 Boys & 70 girls.**

**\*Incoming 9<sup>th</sup> Graders/New Players:  
Athletic Physicals must be completed prior  
to Team Camp. Physicals for returning  
players must be completed by the 1st day  
of tryouts.**

Print  
NAME: \_\_\_\_\_  
AGE: \_\_\_\_\_ SEX: M F  
**August 2020 GR:** 9 10 11 12  
**T-Shirt (adult):** S M L XL XXL  
Cell/Personal/or  
Home Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Zip: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Parent/s: \_\_\_\_\_  
Emergency Phone: \_\_\_\_\_  
E-mail  
address: \_\_\_\_\_  
Medical/Health Problems: \_\_\_\_\_

**Physical:** Must be turned into La Cueva's Athletic Trainer over the summer, and I will bring the BLUE CARD to the coach

I realize the intense demands of a soccer camp and give my Son/Daughter permission to participate in the Bear Soccer Camps. 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: \_\_\_\_\_

## BEAR TEAM CAMP 2020

**Cost: \$160.00 \*\***  
(Includes a T-Shirt)

\*\*Cost if Payment is **after June 1<sup>st</sup>** or brought on the first day of camp: **\$200.00**

**Make Checks Payable to:**  
LCHS Women's Soccer Booster Club  
Mail to: **Amber Ashcraft**  
8117 Avenida la Pristina  
Alb. NM 87109

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

**Coaching Assistants** for camp will be from the Men's and Women's soccer programs.

### *FOR ADDITIONAL information*

CALL: **Amber Ashcraft @ 250-6043**  
Email: [akelley5@aol.com](mailto:akelley5@aol.com)

**Website: [www.lacueva.aps.edu](http://www.lacueva.aps.edu)**  
**Then click on athletics**

### TRYOUT INFORMATION

► **Physicals must be completed prior to tryouts. You will not be allowed to tryout without a physical. Freshmen must have a physical prior to TEAM CAMP.**

### MEN'S & WOMEN'S TRYOUTS

● **La Cueva Soccer tryouts start August 10<sup>th</sup>. See website for more information.**

# 2020

## LA CUEVA BEARS' SOCCER CAMPS "Training for Excellence"



### 2020 BEAR TEAM CAMP & Team Information

#### *TWO SESSIONS DAILY*

**WOMEN: July 27<sup>th</sup>- July 31<sup>st</sup>**  
**8:00 AM – 10:00 AM**  
**6:00 PM – 7:30 PM**

**MEN: Aug 3<sup>rd</sup> -6<sup>th</sup>**  
**9:00 AM – 11:00 AM**  
**4:00 PM – 6:00 PM**