

# 2017 Women's Soccer Prospect Clinic

## Conducted By Hiram College Coaching Staff

Cleveland Developmental Sports Institute is happy to invite you to our 2017 Women's Soccer Prospect Clinic. Instruction will be provided by the Hiram Soccer Women's Staff. This clinic will provide the necessary skills and information to players interested in playing at the collegiate level!

**When:** Monday, February 20<sup>th</sup> Presidents Day

**Registration Deadline:** Monday, February 13<sup>th</sup> 2017

**Price:** \$85.00

*Registrations received after February 13<sup>th</sup> will be \$100*

**Location:** Cleveland Developmental Sports Institute In Oberlin Ohio



### Description:

The Hiram College February Prospect Clinic is open to players who are in high school (freshman through seniors), and have the desire to play college soccer. The camp is designed to allow the players to experience college level training. The areas that will receive focus are: speed & agility, technical and tactical. This camp will be run similar to a training session with instruction in all aspects of the game.

Freshman – Sophomore – Juniors - Seniors

8:30 am Check-In

9am-11am Technical Sessions

11 am-12pm Lunch

12:15pm -2:15pm Tactical Sessions

**2:15pm-2:30pm Closing Comments**



Michael Cracas enters his second season as the Head Women's Soccer Coach at Hiram College in 2016. Prior to Hiram College, Cracas served as the Associate Head Women's Soccer Coach for the Oberlin College women's soccer team.

Cracas' presence was felt right away as Hiram posted a 6-12-0 (.333) and a 2-6-0 (.250) mark in the NCAC, including the first ever program win over Allegheny (Pa.). The two wins were the most for the program since joining the conference in 1999-00.

His primary focus with the Yeowomen was training the program's goalkeepers while also working with defenders. Cracas helped the Yeowomen tie for a school record 10 wins in 2014. During his time on staff, he mentored two of the program's top goalies in Sarah Grabinski '10 and Kate Frost '15. Frost, who trained with Cracas throughout her four-year career, departed Oberlin second all-time in career saves with 439 and is tied for first in school history with 12 shutouts. As a senior she made 93 stops and tied a single-season school record with five clean sheets. In addition to his coaching responsibilities, Mike was the Strength & Conditioning Coach for all 21 varsity sports at Oberlin College.

For Full Bio and bios of coaching staff Please Visit [www.hiramterriers.com](http://www.hiramterriers.com) (Women's Soccer)



# Registration Information

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Player Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_ Grad Year: \_\_\_\_\_

High School: \_\_\_\_\_ Club Team: \_\_\_\_\_

Parents Names: \_\_\_\_\_

Primary Position: \_\_\_\_\_ Secondary Position: \_\_\_\_\_



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Registration can be made online by visiting [www.cdsiohio.com](http://www.cdsiohio.com) or by mail. Please mail in registration form with payment to 46789 US Route 20 Oberlin Ohio 44074. All checks made payable to CDSI.

Please contact our event coordinator with questions: Jim Toth 440-774-2637

Directions can be found by visiting [www.cdsiohio.com](http://www.cdsiohio.com)

Please visit Hiram College at [www.hiram.edu](http://www.hiram.edu) to learn more about us, also visit [www.hiramterriers.com](http://www.hiramterriers.com) for athletics

Thank You For Your Participation