

### Steve Lovgren - Co-Camp Director



*USSF A License,  
NSCAA Premier Diploma  
USSF 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



*USSF 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 Virginia since 1997. As a complete soccer education provider we offer Summer and Spring Break Camps, Team Training, High School Preseason Camps, 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.



### Team Camp Program

Team Camps provide the perfect pre-season training environment. The timing of the Camp and ease in commuting to local site ensures the majority of your team can attend. The increasing level of play today demands an intense, targeted pre season program. The aim of the camp is to provide both an individually demanding camp and a structured team environment.

It starts after registration where a questionnaire is sent to the teams. Then CSP evaluates the questionnaire to match up a professional CSP trainer, to the specific team's need. Then a detailed training program is designed for the team for that week. After an extensive week of training, the trainer will provide a thorough written evaluation.

We are confident that the quality of this camp will meet and exceed players and coaches expectations.

### Goalkeeper Training

The goalkeeper's performance in today's game is taken very seriously by CSP. In field player training sessions, goalkeepers are integrated to create match conditions. Then scrimmages are arranged during the week and goalkeepers are inserted into live matches and monitored to affirm their learning curve in real game situations.



### Times, Dates, & Locations

*Teams choose! All Camps are either  
9:00am-12:00pm or 12:30pm-3:30pm or 5-8pm  
Pick your week & pick your time*

*Other times and dates can be arranged at your  
provided location by calling 804-833-2092*



### Camp Cost

*\$95 per player*

**U9-U11 minimum 8 players\***  
**U12-U19 minimum 12 players\***  
*\*guest players allowed*

**U9-U11: Free scholarship for the 12th player**  
**U12-U19: Free scholarship for the 15th player**

Please make checks out to CSP and return registration form with payment to:

**Commonwealth Soccer Programs**  
**1153 Huguenot Trail**  
**Midlothian, Virginia 23113**

*No additional costs will be required.*

### What To Bring

- Cleats and a soccerball
- Tennis shoes or soccer flats
- Water jug with plenty of water
- Sunscreen