

## Camp Info Summer 2010

**Roommate Requests:** we strongly recommend that you sign up with a roommate particularly if this is your first time at camp. On the registration form please fill out the roommate request part so we know who to pair you up with. This is particularly important if you are part of a big group. Players will be placed 2 to a room as per University and local fire department rules. If you are registering as a single we will do our best to pair up all players.

**Fitness for Camp:** please be aware that these soccer camps are physically very demanding. All players participate in 3 sessions per day. The sessions are varied but they are all based upon physical activity. We strongly suggest that all players are physically fit before attending camp.

**All balances** must be paid 4 weeks prior to the start of camp: if you paid online you would have received an automatically generated email from Active.com. If you paid the deposit your credit card will be automatically charged the balance. If you have any issues please call Active Customer Service at 1877 - 228 - 4881. If you paid the deposit by check you cannot pay the balance online and we do not take credit cards over the phone.

**Medical Release Form:** Please click on the following link:

<http://home.nau.edu/images/userimages/mrt/11209/Medical%20Release%20Form.pdf>

This must be filled out and brought with you to camp. This is a document that NAU requires all participants to fill out. You cannot participate without a signed copy.

**Sunday Check-in time** is between 3 and 4:00 on the Sunday camp starts for residential campers only.

**Check-in location:** Gabaldon Hall. Building 53 on the campus map:

[http://home.nau.edu/maps/campus\\_map\\_09.pdf](http://home.nau.edu/maps/campus_map_09.pdf)

The best way to get to Gabaldon is by turning right on McConnell as you enter Flagstaff from I-17. From McConnell turn left on Knowles DR which winds around to the dorm on the right. There is plenty of parking out in front. PLEASE DO NOT UNPACK UNTIL YOU HAVE CHECKED IN.

Check-ins are always hectic, please be patient. If players arrive at different times it will make it go a lot smoother.

After check-in the residential players will go to dinner and then we will have an evening field session.

### Daily Schedule:

7:15am: Wake up and breakfast.

8:30am: GKs, Pro Shooting players to the field.

9:30am: Rest of residential campers and day campers to the field for morning session

11:00: Morning session ends. All players to lunch then dorms.

2pm: Afternoon session starts.

4pm: Afternoon session ends. Day campers picked up, all other campers to dinner then dorms.

6:30pm: Evening scrimmages for all players.

8pm: Day campers picked up. All others to dorms.

9:30: All campers to their own rooms

10pm: Lights out.

All field sessions are on South Field (Pine Knoll Drive) across from the Southwest Forest Science Complex.

**Meal cards and room keys:** At check-in all players will be given a meal card and a room key. If a room key is lost the charge is \$20, if a meal card is lost the charge is \$5. (These are University charges not ESE charges) Bring string, rope, clip, anything to keep the card and key together. Write your name on the meal card so you can identify it as yours. If your meal card is lost you CANNOT go in to the cafeteria without it.

**Dorm Rooms:** when players check into their rooms they must be checked for damage as the players are settling in. Any damage to the room will incur a charge from the University. Rooms must be kept tidy throughout the week. The coaches will be checking the rooms daily to make sure they are tidy. All players will be told to respect other players' space and rooms.

**Pick-up:** Select campers will be picked up on Friday at 4pm after the afternoon session. Pro campers will be picked up after the morning session on Sat. Try and be there between 11 and noon.

Things you should bring to the residential camp: enough soccer equipment to last 5 or 6 days. Shinguards are mandatory and correct soccer footwear for outside fields is strongly recommended, tennis/running shoes for soccer tennis. TRY NOT TO BRING NEW SHOES.

Make sure you bring a water container to take to the field.

During the afternoon session it often rains and sometimes gets a little chilly so pack a rain top or sweats. The temps drop during the evening session also.

Sunscreen, chapstick - the sun is extremely strong at altitude.

Even though there is very little down time after the sessions, it is advised that all participants bring some casual wear that they can change in to after the day's soccer activities are complete.

Bed linen, blankets/sleeping bags, pillow, towels, toiletries. A fan is strongly recommended as the dorms do get hot even though the temps outside are cool.

Game boys, video games, small TVs. There are refrigerators in the rooms

Candy, snacks and soda are allowed. They can also be purchased on campus. Water and sports drinks are allowed.

**Cell phones** are allowed under the following conditions: 1) Emergencies 2) For players to make an evening phonecall to parents. Phones are not allowed to be turned on throughout the day. The constant use of cell phones and texting has become a real issue at camp over the years and a major distraction. There is a pay phone in the lobby of the dorm that requires a calling card. The staff of the camp does carry cell phones and if players need to contact parents they can do so during the periods of downtime. If parents need to communicate info to players during camp either call Andy or Sean (numbers below).

**Day Campers:** Pro Day campers will meet at the South Field at 8:30am each day. The Select Day campers will meet at 9:30 on the south field. Each day camper will receive lunch with the overnight campers. When the afternoon session finishes at 4pm day campers are picked up. ALL day campers are invited back at 6:30 for the evening scrimmages. This finishes at 8pm. If you would like them to stay for dinner at the University, you can pay cash and we will supervise them along with the other campers.

**Mark Lowe's cell at camp: 480 600 8136**

**Andy Ward's cell at camp: 480 310 3554**

**Sean Sweeney's cell at camp: 480 255 3957**