# **English Soccer Experience FAQs**

# What are the rules for campers?

During camp, we and NAU, have high expectations of the campers in terms of behavior, discipline, attitude, and responsibility. We will not hesitate to send home any player who does not abide by the rules.

# What are the ages and ability levels of the players?

We accept boys and girls of all ability levels ages 5-18 (day campers) and 7-18 (residential campers). We attract players that cover the full spectrum of age and ability levels. We see relatively inexperienced players and advanced Club level players.

# How do I register?

You can register in 2 ways. Either print off a registration form from this website and mail it in or register online.

# Can I pay a deposit?

Yes, you can both online and by mail. It is a non-refundable deposit of \$150.

# What happens after I register?

If you register online you will receive an automatic email confirming your registration. If you register by mail you will receive a confirmation email from one of the camp directors.

#### What happens to the balance?

The balance must be paid at least 30 days prior to the start of the camp. If you registered online the balance will automatically be charged to your card 30 days out. If you registered by mail, it is your responsibility to pay the balance on time by mail.

# Can I make payments?

Yes, you can! We have a very flexible payment plan - you tell us the amounts you can pay and the dates you will pay and we will approve it!

### How do you communicate as the camp approaches?

Most of the information you need is on this page. If there is anything else we need to communicate as the camp approaches you will receive an email. Additionally, we will update our Facebook page with any new info so please 'like' us. https://www.facebook.com/EnalishSoccer/

We will also be tweeting while on camp so please follow us on Twitter: @englishsoccerus

### Which of your programs is the best?

We are trying to accommodate the needs of all players. We have day camps, half-week camps, and full-week camps. No particular program is better than the other they are just slightly different. All of the players on camp practice on the same fields, stay in the same dorm, and eat in the same cafeteria.

#### If we sign up with someone will they room together?

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 whom 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.

# What if we do not sign up with a friend?

If you are registering as a single we will do our best to pair up all players with a roommate of a similar age.

# How do you select the training groups?

The groups are put together dependent upon age and gender. If you sign up as a group, that group will stay together throughout the week, assuming the group is of a similar age.

#### What about meals?

All of the residential campers have 3 meals per day which are included in the cost of the camp. Day campers do not have lunch provided (see Day Campers below). All of the players on camp eat at the same time and in the same location irrespective of the program they sign up for. The meals are buffet-style and prepared by the University. There is always a choice of different foods at all meals. We will talk to the campers about making good food choices throughout the week.

If your child has any dietary needs, please contact us at andy@englishsoccer.com.

# Do the players need to bring money?

It is entirely up to you. In addition to the free t-shirt, we do sell t-shirts and hoodies. These are the same style as the coaches wear and they are very popular. Last year we did sell out. Three meals per day are included in the camp price but some players do order pizzas after the last practice. There are vending machines in the dorms but we strongly recommend bringing snacks and drinks with you to save money.

#### Should the campers be fit before they arrive?

We recommend that all of the players do some training in advance of the camps. The soccer camps are physically demanding and all players participate in at least 3 sessions per day.

#### What about injuries on camp?

When a player gets hurt on camp we will call the parents if we believe medical treatment is required. Depending on the severity of the injury we will either take the player to emergency or the local urgent care. NAU does require a medical release form filled out if we use the oncampus medical facility.

### Where do the campers stay?

Overnight campers will stay in one of the Halls of Residence at NAU.

Gabaldon Hall (Weeks 1 to 6)

https://nau.edu/residence-life/housing-options/residence-halls/gabaldon/

#### Where are the soccer fields?

All field sessions are at the South Recreation Complex 2475 S Huffer Ln, Flagstaff, AZ 86011 (click here for map link).

The complex is located in the south portion of NAU's campus, on the corner of Pine Knoll Drive and South Huffer Lane, across from the Southwest Forest Science Complex <a href="http://www2.nau.edu/nau-map/">http://www2.nau.edu/nau-map/</a> (85 – south recreation complex)

### Is there security?

All of the coaches and the counselors stay in the dorms with the campers so there is supervision 24/7. The individual dorms have front desk staff that is on call 24 hours. NAU also has its own campus police force that is available at all times: http://nau.edu/living-on-campus/

#### Who are the coaches?

The coaches are a mix of English and US-based coaches. The coaches are handpicked by Mark Lowe and Andy Ward. All of the coaches are ex or current players, qualified coaches, and have considerable experience working with young players.

#### Do you have female counselors?

Yes, we do. The female counselors are typically ex-campers who are very familiar with the soccer camp and how it is run. They are available at all times to attend to the needs of all the female campers.

#### What time is check-in?

Check-in time is between 3 pm and 4 pm on Sunday for residential campers only. The check-in will be at the dorm where the residential

campers will be staying. Check-in for day campers is at the field before the first field session at 6:45 pm on the Sunday camp starts.

## When is pick-up?

Half-week residential campers will be picked up on Wednesday at around 4:30 pm at the dorm after the afternoon session. Select residential campers will be picked up on Friday at around 4:30 pm at the dorm after the afternoon session. Pro Shooting and Goalkeeping residential players will be picked up on Saturday at the dorm after the morning session.

# What about day campers?

All day campers will meet at the field at 6:45 pm on the first Sunday of camp. All day campers check in with Andy Ward. Pro Shooting and Goalkeeping day campers will meet at the South Field at 8:45 am each day from Mon-Sat. Regular day campers will meet at 9:45 am on the South Field each day from Mon-Sat.

When the afternoon session finishes at 4 pm, all-day campers are picked up. ALL day campers are invited back at 7:00 pm for the evening scrimmages, which finish at 8:30 pm. 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.

Half-week day campers finish their week after the afternoon session on Wednesday, full-weekday campers finish their week at approx. noon on Saturday. Day campers should bring alternative footwear for use in the cafeteria and the dorms.

All details for each individual program are listed on our website.

Lunch for day campers: there are 3 options for lunch. 1) Players can bring their own lunch. 2) Players can be picked up for lunch. 3) Players can bring money and buy lunch in the student union with the other players (approx. \$12 per lunch)

# Can parents visit during camp?

Parents are allowed to watch any of the field sessions. Please introduce yourself to the coach and let them know you are one of the

parents. If you have to visit your son/daughter in the dorms, please let Andy Ward know prior to doing so. Under no circumstances are any fathers or male relatives allowed on the girls' floor without staff being present.

For parents who intend to spend time in Flagstaff, there is a wide array of affordable dining and lodging options in the Flagstaff area. If you need any advice please do not hesitate to reach out.

The <u>Discover Flagstaff</u> website is a fantastic resource for anyone visiting Flagstaff. They publish a very comprehensive and informative <u>Official Visitor Guide</u> that features accommodations, restaurants, activities, and useful travel information for the Flagstaff area.

## What is the daily schedule?

# <u>Sunday</u>

3:00 pm – 4:00 pm: Check-in at dorms – Residential campers only.

4:30 pm: Dinner – Residential campers only.

6:45 pm: Day campers check-in at the field.

7:00 pm: Field session – Day and residential campers.

8:30 pm: Evening scrimmages end. Day campers picked up. All others

to dorms.

8:45 pm: Evening activities at the dorm.

9:30 pm: All campers to own rooms.

9:45 pm: Lights Out.

#### Monday – Friday

7:15 am: Room Call.

7:45 am: Breakfast.

8:45 am: GKs, Pro Shooting players set off to the field.

9:00 am GKs, Pro Shooting – start.

9:45 am: Rest of the residential campers and day campers to the Field.

10:00 am: Morning session starts.

11:30 am: Morning session ends. All players to lunch then dorms.

(Possible Private session with players)

2:30 pm: Afternoon session starts.

4:00 pm: Afternoon session ends. Day campers picked up, all other campers to dinner then dorms.

(Possible Private session with players)

7:00 pm: Evening scrimmages for all players.

8:30 pm: Evening scrimmages end. Day campers picked up. All others to dorms.

8:45 pm: Evening activities at the dorm.

9:30 pm: All campers to own rooms.

9:45 pm: Lights Out.

#### Saturday

7:15 am: Room Call.

7:45 am: Breakfast.

8:45 am: GKs, Pro Shooting players set off to the field.

9:00 am GKs, Pro Shooting – start.

9:45 am: Rest of residential campers and day campers to the Field.

10:00 am: Morning session starts

11:30 am: Morning session ends. Day campers picked up, all other campers to the dorms for check out.

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

### What should we bring to camp?

- Enough soccer equipment and clothing to last 5 or 6 days including a ball. Shinguards are mandatory and correct soccer footwear for outside fields is necessary. The fields are artificial turf fields so cleats or flats are appropriate. TRY NOT TO BRING NEW SHOES.
- A water bottle to take to the fields.
- 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 downtime after the sessions, it is advised that all participants bring some casual wear that they can change into after the day's soccer activities are complete.
- Bed linen, blankets/sleeping bags, pillow, towels, and toiletries. A fan is strongly recommended as the dorms do get hot even though the temps outside are cool.
- Game consoles, 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:

Phones are allowed to be turned on throughout the day. However, we do encourage players to use sparingly as we want players to enjoy the interactions with the other campers!

The camp staff 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 please call Andy Ward.

# What are the camp directors' cell phone numbers?

Andy Ward's cell at camp: 480 310 3554