



11 Executive Drive Suite 202
Farmington, CT 06032
Tel 860.677.7500 – 800.KEEPER-1
Fax 860.677.0460
www.soccerpluscamps.com

RULES & REGULATIONS:

Please read, review and understand all content on these two pages. It is your responsibility to abide by all rules and regulations at all times.

Roommates:

- Roommates must each request each other by full name for the request to be considered.
- Once at site, no one can change room assignments without permission of the director.
- We will do everything that we can to honor roommate requests. There are circumstances outside of control that may limit our ability to fulfill the request.

Travel Arrangements:

- SoccerPlus will pick up and drop off students only during select times from only the designated airport.
- To arrange for the shuttle service, please call New Haven Travel Service/American Express Rep. at 1-800-243-1806 or 203-772-0060 and ask for "The Soccer Desk." ***This is the only way a student can reserve a spot with this shuttle service.***
- If you book the flights by yourself you must provide the student's itinerary to New Haven Travel and not the SoccerPlus Office, so they can add the student to the camp itinerary.
- Reservations for shuttle must be made at least 15 days prior to the start of camp and cost \$50.00 for either one-way or round-trip service. Reservations made within 15 days of the camp may be subject to an additional charge.
- Driving directions to camp should be enclosed in this confirmation packet. They are also available on-line on our Schedule page at www.soccerpluscamps.com.
- Campers may not arrive earlier than the first day of camp at noon and must leave on the closing day by noon.

For Camps in Massachusetts

- This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health [150 CMA 430.000].
- Parents of children attending a SoccerPlus Camp in Massachusetts may request copies of background check, health care and discipline policies as well as procedures for filing grievances by sending a self-addressed stamped envelope to SoccerPlus Camps 11 Executive Drive, STE 202, Farmington, CT 06032

Medical Policies:

1. All medications will be self-administered at camp, but kept by the staff allied medical personnel in a lockbox.
2. All medication use **MUST** accompany an Authorization for the Self-Administration of Medications form, available from our website and also on the back side of the health form. You may make copies of this form for additional medications.
3. You may substitute a physical form for the right-hand side of the physical form IF it is signed and dated by the physician's office and is less than two years old on the last day of camp.

OUR PURPOSE AND YOUR INTENTIONS ARE TO DEVELOP YOUR SOCCER SKILLS. THE FOLLOWING RULES HAVE BEEN ESTABLISHED TO HELP US BOTH REACH OUR GOALS. THEY WILL BE ENFORCED.

1. Specific campus rules must be adhered to. Remember we are guests of the particular school and must respect their property and regulations.
2. Students that drive to camp must turn in their keys to the director, and inform camp personnel of the location of the vehicle. Use of the car will be forbidden during the camp week.
3. Students are not allowed in campus areas held off limits to SoccerPlus Camps. IMMEDIATE DISMISSAL MAY RESULT! No one is allowed to leave campus ground without the permission of the director of SoccerPlus.
4. POSSESSION OF ALCOHOLIC BEVERAGES, DRUGS INCLUDING TOBACCO, FIREARMS, OR ANY ITEM DANGEROUS TO OTHER STUDENTS WILL RESULT IN IMMEDIATE DISMISSAL AND POSSIBLE CRIMINAL PROSECUTION.
5. Tampering with fire safety equipment, electrical wiring or any campus property may result with dismissal.
6. Rooms must be kept clean and neat. Students are responsible for broken or damaged items. Before dismissal at end of camp rooms will be inspected.
7. Students must secure their valuables. SoccerPlus is not responsible for any lost valuables.
8. No student is allowed in another student's room without an invitation.
9. Girls' dormitory area and rooms are off limits to all males and vice-versa. Violators will be IMMEDIATELY DISMISSED.
10. The daily schedule of the program is to be adhered to, including all meeting times, meal times and wake-up and lights out.
11. Shin guards are mandatory at all training sessions.
12. An athletic trainer will be available at all camp locations. If special treatment is necessary, SoccerPlus must be informed in writing prior to the first training session. All injuries must be reported to the athletic trainer or camp director.

Refund Policy:

- The deposit of \$250 is **non-refundable**.
- Cancellations within 15 days prior to the start of camp are subject to a 50% refund and also 50% credit to attend SoccerPlus Camps in 2009, less the cost of the \$250 non-refundable deposit.
- If a student leaves camp early for medical reasons, the portion of time missed from camp less the deposit can be used as credit only to attend SoccerPlus Camps in 2009.
- We reserve the right to handle all refunds & credits on an individual basis.

OUR ADVICE: Concentrate on soccer and the SoccerPlus Camp experience will be worthwhile, rewarding and enjoyable. If you have any questions please call our office at 1.800.533.7371
Monday through Friday 9am to 5pm eastern time or email us anytime at info@soccerpluscamps.com.



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WHAT TO BRING:

Attending SoccerPlus Camps this summer will benefit anyone who is looking to improve their game. It is an experience unlike any other which will change your life on and off the field. However, to make the most of your camp experience, you need to be fully prepared. Here are some tips that will help.

1. BE PHYSICALLY PREPARED

Come to camp in your best physical condition to get the most out of the time at camp. Every moment at camp is a valuable learning experience so be fit enough to participate. You want to be able to seize every opportunity to practice and learn. Our ability to pay attention decreases when we are tired. Our ability to train is reduced with a pulled muscle. The bottom line is that to take full advantage of everything that is offered at camp you must be in good physical shape.

2. THE RIGHT EQUIPMENT

Bringing the right equipment is crucial to having a successful camp.

- Please check off these items as you pack them for camp:
- A lanyard for your dorm keys and cafeteria pass
- Cleats that are already broken in. Don't buy a new pair of shoes to wear at camp unless you have enough time to break them in. New shoes can give you blisters.
- Indoor/flat shoes for possible indoor sessions and casual evening wear. Sometimes because of bad weather sessions will be conducted indoors.
- A ball. One can be reserved for you by prepaying \$25 at least 2 weeks prior to camp.
- Shin guards. Note: Please bring your own athletic tape if you need to hold your socks up. Our athletic trainer's tape is for injuries only.
- A warm-up suit/sweats. You don't want to get cold on your way to the evening lecture.
- A rain suit is recommended in the event of a wet week.
- Plenty of t-shirts, shorts, socks and underwear. Sleeveless T-shirts are not acceptable.
- Sheets (standard twin), blankets, pillow and towel(s).
- Bathroom items e.g. soap, shampoo, toothbrush, toothpaste, deodorant, etc.
- Sandals for the shower.
- Laundry detergent and quarters to wash your dirty gear.
- A bathing suit. Some camps have access to a swimming pool.
- An alarm clock. All meals and meetings are mandatory.
- A fan. Not all rooms are air-conditioned.
- A notebook and pen for evening workshops.
- Bug spray and sun screen.
- A calling card or cell phone so you can call home.
- Spending money for evening snacks, laundry or the camp store. Sorry, there is no camp bank.
- A water bottle of your own which can be refilled from our coolers on the fields. This is a must.
- An address book. The friendships you make can last a lifetime.
- A camera to get photos with your new friends. Remember to email your camp pictures to SoccerPlus. Maybe your pictures will be posted on our webpage!

GOALKEEPERS:

In addition to the above also bring:

- Extra goalkeeper jerseys. We recommend 4 or more. Long sleeve t-shirts also work well.
- At least one pair of goalkeeper gloves.
- Long goalkeeper pants for breakaway sessions.
- Skidz or compression shorts work well but we suggest long pants for breakaway training.

There may be some other things you can think of but if you bring all of the above you will be in good shape. Don't forget, there will be a camp store at each site with a great selection of adidas equipment.

3. TAKE GOOD NOTES

Evening workshops are designed to present students with information which time does not permit during the day. Most students are pretty tired by the end of the day but this is not the time to zone out or doze off. If you take good notes it will help you to pay attention and you will have a valuable asset to review when camp is over. It is also a good idea to jot down some of the exercises you did during the day. By the end of the week it will be hard to remember all that you have done.

4. TALK TO THE COACHES

Most coaches were students at some time in the past. They can relate to a lot of issues, which concern you. Never be shy about talking with coaches. They are there to help you. Many students develop lifelong relationships with their staff coaches. Exchange phone numbers, emails and addresses so you can stay in touch during the season.

5. STAY POSITIVE

A week can be a long time when you are training with intensity. There will be some high and low points. It is important that you minimize your low points and get back on track quickly. Ultimately, you will learn more and have more successes with a positive state of mind.

6. BE A SPONGE

Probably the most important thing you can bring to camp is an open mind. You are about to be inundated with all types of technical, tactical, psychological and physiological information. No matter how good you are or how many successes you have enjoyed remember why you decided to go to camp...to get better by learning from the best. Camp is a learning environment like school. You are presented with a whole lot of information and then it is up to you to decide what to do with it. Your goal should be to absorb as much information as possible and then fit what you can into your game. You may not agree with everything but you owe it to yourself to open your mind and try new things. Remember why you signed up for camp.

7. THE NEVER ENDING CAMP

Camp does not end at the end of the week. The improvement will continue throughout the year if you continue to apply what you learned at camp. Remember the exercises you did (hope you took good notes), the intensity level at which you worked, the discipline you showed on and off the field and the words of wisdom you picked up from the staff. Every time you step on the practice field you should relive your week at camp. You have been given the tools to make yourself a better player. By the end of the week you will be a better player, but why should the improvement stop there. Enjoy your time at camp this summer. Strive to make the most of it as humanly possible and you will reap the rewards for the rest of your life.

Please remember that registration begins at 3:30pm for all overnight camps. The first meal served at camp will be dinner. Try to eat lunch prior to registration so you will have the energy for our first field session. (If you are flying in, bring a bagged lunch, if you are driving in, pack a lunch or pick up something locally when you arrive).

"This Program is tough and intense. Those who attend our school become part of a very special family. The skills, friendships and self-respect you gain here will last a lifetime". - Tony DiCicco