



Dear Camper,

Thank you for choosing the Total Soccer Camp at Delaware Valley University!

1) QUESTIONS:

Contact (877) 557-3100 or [Camps@totalsoccer.us](mailto:Camps@totalsoccer.us).

2) A copy of our "Camper Rules and Expectations" has been included in this packet. Parents should review these rules with their children after checking in.

DORMS: Campers will reside in "South" Residence Hall.

CHECK-OUT: Departing check-out will be held at South Hall (same building as check in) on July 26 between 7-8:30PM.

We hope to share our enthusiasm and love for the game with you. This week is great opportunity for your player to gain valuable soccer experience and take on responsibility to be away from home and represent themselves in a way they can be proud of! We look forward to seeing you.

Sincerely,  
Total Soccer

Contact Information: 877.557.3100 ext. 1  
Email [info@totalsoccer.us](mailto:info@totalsoccer.us)



## Schedule of Events

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
<b>Sunday</b>	3-6pm	Player check-in (specific times)	South
	3-6pm	Move into rooms	South
	<b>6-6:30pm</b>	<b>Player Orientation</b>	<b>South</b>
	7-8:30pm	Training	Soccer Fields
	8:30pm	Commuter pick-up	Soccer Fields
	9-9:30pm	Team Meeting	South
	9:30-10pm	Free time	South
	10pm	Room check/quiet time	South
	11pm	Lights out	South
	<b>Monday</b>	7:30am	Wake up
8-8:30am		Breakfast	Cafeteria
8:30am		Commuters meet staff	Centennial
9-11am		Training session	Soccer Fields
11-12:30pm		Free time	South
12:30-1pm		Lunch	Cafeteria
1-2pm		Player/Team meetings	Coaches Choice
2-3pm		Sebastien Le Toux	South
3:30-5pm		Training session	Soccer Fields
5-5:45pm		Dinner	Cafeteria
6:30-8pm		Matches	Soccer Fields
8-8:30pm		Commuter pick-up	Soccer Fields
8:30-10pm		Free time	South
10pm		Room check/quiet time	South
11pm	Lights out	South	
<b>Tuesday</b>	7:30am	Wake up	South
	8-8:30am	Breakfast	Cafeteria
	8:30am	Commuters meet staff	Centennial
	9-11am	Training session	Soccer Fields
	11-12:30pm	Free time	South
	12:30-1pm	Lunch	Cafeteria
	1-2pm	Nutrition Talk	Coaches Choice
	2-3:30pm	Training session	Soccer Fields
	4-5pm	Rec Room	South
	5-5:45pm	Dinner	Cafeteria
	6:30-8pm	Matches	Soccer Fields
	8-8:30pm	Commuter pick-up	Soccer Fields
	8:30-10pm	Free time	South
	10pm	Room check/quiet time	South
11pm	Lights out	South	

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<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
<b>Wednesday</b>	7:30am	Wake up	South
	8-8:30am	Breakfast	Cafeteria
	8:30am	Commuters meet staff	South
	9-11am	Training session	Soccer Fields
	11-12:30pm	Free time	South
	12:30-1pm	Lunch	Cafeteria
	1-2pm	Goal Setting	Dorms/Rec Hall
	2-3:30pm	Training session	Soccer Fields
	4-5pm	Rec Room	Rec Hall
	5-5:45pm	Dinner	Cafeteria
	6:30-8pm	Matches	Soccer Fields
	8-8:30pm	Commuter pick-up	Soccer Fields
	8:30-10pm	Free time	South
	10pm	Room check/quiet time	South
11pm	Lights out	South	
<b>Thursday</b>	7:30am	Wake up	South
	8-8:30am	Breakfast	Cafeteria
	8:30am	Commuters meet staff	South
	9-11am	Training session	Soccer Fields
	11-12:30pm	Coach Individual Meetings	South
	12:30-1pm	Lunch	Cafeteria
	1-2pm	Pack Room	South
	2-3:30pm	Training session	Soccer Fields
	4-5pm	Dinner	Cafeteria
	5:30-7pm	Matches	Soccer Fields
	7pm	Check out	South

#### CAMPERS DAILY CHECK LIST

- ✓ **BAG:** Bring a bag to hold and carry all your belongings.
- ✓ **CLOTHES:** Be prepared for any type of weather. If you're not sure, ask your coach what is suggested. Be sure to label personal items.
- ✓ **SHOES:** Bring soccer shoes (molded soles) for the grass, flat-soled shoes in the event that a session is held in the gymnasium (pending weather) and some type of shoe/sandal for dorm. Shoes/sandals must be worn at all times.
- ✓ **SHIN GUARDS:** All campers must wear shin guards for every session.
- ✓ **WATER BOTTLE or JUG:** We do not provide water bottles and do not recommend sharing water bottles or jugs with other campers. Please bring your own and have your name on it. There will be water coolers at the fields to refill your water bottles
- ✓ **SOCCER BALL:** Will be provided at check in. Please bring to each session. Soccer balls must remain in your bag while in the dorm areas.

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- ✓ **SUN SCREEN:** It will be hot and sunny so we recommend every camper bring and wear sunscreen for each session.

**The safety of our campers is our primary concern. Campers' adherence to these rules and expectations is critical to making our camps safe, rewarding and fun for all participants.**

**Expectations for camper behavior:**

- Follow all instructions of camp staff and immediately consult the camp director if you are uncertain about these instructions. The term "camp director" as used in this document also includes other camp staffs that have been designated by the camp director.
- Label all personal belongings, especially equipment. Total Soccer and Delaware Valley College is not responsible for campers' lost or stolen items.
- Participate in all scheduled activities (including camp meals). Only the camp director may grant permission to be excused from a camp activity. Attendance will be taken.
- Keep your camp counselors informed of your whereabouts at all times.
- If you are attending camp as a resident/overnight camper, keep your dorm room and hallway clean.
- Keep track of your room key. Do not loan your key to another camper.
- Lock your room whenever you leave, even for a short time. Total Soccer and Delaware Valley College is not responsible for campers' lost or stolen items.
- Campers may only be in designated camp areas. Use the buddy system for all camp activities.
- Bring all equipment that is required to participate in camp. Label all personal belongings and equipment.
- Notify a camp counselor as soon as any problem arises, big or small. Camp staff is available to help you at all times.
- Follow the instructions of police, fire and other emergency personnel in the event of an emergency.

**Behaviors not permitted:**

- Using profanity or inappropriate language, whether it is written or verbal.
- Leaving the camp area as designated by the camp director. Campers are not permitted to walk freely around the campus or surrounding areas. If your parent is picking you up prior to the completion of any camp session (day or term), you must give the camp director a note from your parents in advance.
- Possession and/or consumption of alcohol, tobacco, or illegal substances.
- Possession of matches, lighters, hot plates, kettles, fireworks, lethal weapons or other objects that the camp director considers dangerous.
- Possession and/or distribution of indecent literature or images.
- Tampering with fire alarms, safety, or security equipment.
- Inappropriate use of a cell phone during camp – phone may be confiscated for the duration of camp.
- Damaging or stealing Delaware Valley College's, Total Soccer's or other people's property. Dorm rooms are inspected prior to check in and immediately following check out, and at any other time deemed necessary by the camp staff. The cost of repairing any damages to the room and/or furniture will be billed to the camper. Camp fees do not cover payment for any lost or stolen items.
- Campers will be billed the cost for any lost keys, linens, etc.
- Harassment, bullying or intimidation of other campers or staff. Hazing is strictly forbidden!
- Excessive noise or horseplay.
- Entering residence hall rooms other than your own without permission. You may only sleep in your assigned dorm room.
- Permitting any person to enter a camp dorm building.
- Moving furniture in any dorm or other school building.
- Girls are not permitted in boys' dorm rooms/wings and boys are not permitted in girls' dorm rooms/wings.
- Removing food, glassware, utensils, or any other items from the dining area.
- Violations of federal/state laws.

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**\*\*Behavior that risks the safety of self or others may be the cause for immediate dismissal from camp. Bullying of any kind will not be tolerated and will be the reason for dismissal. \*\***

While unacceptable conduct is not anticipated from campers, if Total Soccer has reason to believe a violation of any camp rule or expectation has occurred, this could result in disciplinary action, up to and including dismissal from camp. Refunds will not be issued to campers dismissed from camp for disciplinary reasons. We expect that parents or guardians of campers will be available (by phone) during the duration of the camp in the event the camp director or other camp staff needs to speak with them about a camper's behavior.

#### **Discipline Procedures:**

- **Warning from counselor or staff:** Total Soccer Staff addresses behavior with camper.
- **Parents/Guardians contacted:** Camp director will contact parents/guardians.
- **Dismissal from the program:** If inappropriate behavior continues, or is consistently interfering with the rest of the group, the camper will be dismissed from camp

#### **Signing in and out Procedure for Commuters or Residential**

- All commuters must check in/check out with camp director at designated area each day.
- All commuters that leave and return must check in and check out with camp director.
- All residential campers that leave and return must check in and check out with camp director.

#### **Medication Needs**

- All medication must be logged with the athletic trainer and Total Soccer Staff.
- All medication should be kept in a safe place in the camper's room or with the athletic trainer. **\*With the exception of epidural pens and inhalers\***
- All medication must be clearly marked with dosage and name of medication.

#### **Injuries**

- If an injury is deemed serious, staff will contact camp director.
- Parents will be notified in cases of injury that are considered serious.
- In the event of an extreme injury or medical condition, Total Soccer staff will call 911 immediately.

#### **Extreme Heat/Weather**

- In the event of serious weather, the camp director will make the decision to bring all the campers to a safe and specified location.

#### **Overall Health and Safety of Campers:**

- **Bare Feet:** Campers are not permitted to walk around camp in bare feet.
- **Hydration:** Campers need to keep themselves well hydrated. Staff members will monitor the intake of campers' water, and constantly look for signs of dehydration.
- During soccer training session, coaches are expected to provide water breaks approximately every 20 minutes. There will NEVER be any restrictions on the consumption of water.
- **Sunscreen:** Campers' parents are encouraged to send sunscreen with their children to camp. Although most campers have sunscreen, many forget to use it. Staff members will remind campers to apply sunscreen before every session.

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