

“Surviving Soccer 8*9*10”

WHAT DO I BRING THE FIRST DAY? Please wear sport appropriate clothing. Soccer players will need full soccer gear including cleats, soccer ball, shin guards and regular tennis shoes (no sandals). You will for sure need a hat, sunscreen and a water bottle. Be sure to pack a swimsuit and a towel for a for a refreshing dip in the pool. Label everything and put it in a backpack or sports bag.



WHERE DO I GO FOR SOCCER 8*9*10? Drop-off for Soccer 8*9*10 is at Rio Vista Park which is immediately west of the Racquet Club. The fields are best accessed by following Tucson Blvd north until it dead ends in the park. A map is posted online at tucsonracquetclub.com.

WHERE DO I GET PICKED UP? Soccer 8*9*10 are picked up promptly at 2pm at the Racquet Club. Soccer players are on their own to leave at 2:00pm. Be sure to arrange with your child where you want to meet them after camp. AfterCamper's move to different activities through the afternoon...check at the front desk for their latest location.

WHAT'S A TYPICAL DAY LIKE?

PreCamp	PreCamp begins at 7:30am
9:00am	Camp begins promptly
9-11:30am	Soccer skills & drills & "games"
11:30-12:30pm	Pool break & lunch
12:30-2:00pm	Varied activities similar to All Sports Camp
AfterCamp	AfterCamp from 2-5:30pm

WHATS FOR LUNCH? Through years of research we have carefully developed a "kid's favorite" menu. All items are freshly prepared in our own kitchens daily. Most days feature a choice of two entrees along with a fresh green salad and fruit. The menu is posted for the entire summer...pick one up or go on line. If you don't like what were serving on any particular day...you are welcome to bring our own.



CHECK-IN: Soccer 8*9*10 check-in promptly at 9:00AM at Rio Vista Park. If you have any special needs (medication, etc., please take care of it at the daily check-in). Please register for *AfterCamp* at the morning check-in

DRINK WATER: Drink plenty of water. Bring a water bottle. Water is available at all instruction stations and drinking is encouraged by the staff. Please put your name on the bottle to identify it. Gatorade is provided during the morning break. Drinking cups are provided if you forget your water bottle.

KEEPING YOUR EQUIPMENT: The Tucson Racquet and Fitness Club is not responsible for lost items. Keep your things in a bag with your name on it. Please put your name on equipment and clothing to identify it.



SUN AND HEAT: Sunscreen is a necessity. A hat or visor will help make the summer heat a little more bearable. A water resistant high SPF sunscreen is highly recommended.

INJURY AND ILLNESS: Our job is to challenge you in all activities. Please let us know of injuries and illness that limit your performance. Be especially aware of heat and exhaustion related symptoms.

BALL IN A BAG RULE: When at the Racquet Club, soccer balls are to remain in your bag until your coach instructs you to take it out.



SAFETY: Follow the instruction of all coaches at all times. Each coach will have rules specific to their sport and daily activities. We take great pride in our safety record.

POOL SAFETY: Do not run in the pool area. Swim only in the designated camp pool. Campers are not permitted in the lap pool. The pool has two lifeguards on duty at all times in addition to our camp swim staff.

STAY WITH YOUR GROUP: Listen to directions and follow your coaches.

SOFT DRINKS AND GUM: Soft drinks are not allowed except at lunch. Gum is prohibited during all instructional rotations.

LANGUAGE AND CONDUCT: Improper language will not be permitted any how or any way. No swearing, cursing, or sound-a-likes. If the word is not in the Macmillan's Children's Dictionary, you can not use it in camp.



LEAVING CAMP: You are not allowed to leave camp for any reason. Only the "drop-off" parent or pre-authorized adult may pick-up a child.

SPECIAL NEEDS: If you have any special needs (medications, etc.) please let us know and we will do our best to accommodate you.

PRECAMP and AFTERCAMP: Extended hours are available from 7:30-9:00AM and 2:00-5:30PM. Please register for PreCamp And AfterCamp at the morning check-in. See the info flier for details.

AWARDS AND VIDEO: The last Friday of each session will be highlighted by an awards presentation and fun video highlights.