



## 2010 BOYS' AND GIRLS' SOCCER CAMP

Dear Camper,

I am happy to inform you that you have been accepted to attend the Hartwick College Boys' and Girls' Soccer Camp.

- **HEALTH EXAMINATION FORM (INCLUDING DOCUMENTATION OF IMMUNIZATIONS AND PHYSICAL EXAMINATION WITHIN THE PAST YEAR) AND MEDICATION SHEET MUST BE SUBMITTED ONE WEEK PRIOR TO YOUR ARRIVAL TO CAMP.**
- **ANY HEALTH RELATED DOCUMENTS AND/OR MEDICATIONS (PRESCRIPTION OR OVER-THE-COUNTER) MUST BE DROPPED OFF AT THE PERRELLA WELLNESS CENTER PRIOR TO REPORTING FOR REGISTRATION.**

### Daily Schedule

<b>7:30 AM - 8:30 AM</b>	<b>Breakfast (Residents)</b>
<b>8:45 AM</b>	<b>Commuters Arrive</b>
<b>9:30 AM - 11:30 AM</b>	<b>Skill Instruction, Small Sided Games, Technical -Functional Training</b>
<b>11:30 PM - 1:30 PM</b>	<b>Lunch and Supervised Swimming</b>
<b>2:00 PM – 4:00 PM</b>	<b>Team Tactics, Collective Defending &amp; Attacking, Team Shape</b>
<b>4:00 PM – 5:00 PM</b>	<b>Video Analysis is Available &amp; Free time</b>
<b>5:00 PM – 6:00 PM</b>	<b>Dinner</b>
<b>6:30 PM - 8:30 PM</b>	<b>Games, Competition (Commuters Depart 8:30PM)</b>
<b>8:30 PM – 10:00 PM</b>	<b>Evening Activities</b>
<b>10:30 PM</b>	<b>Lights Out</b>

We are looking forward to seeing you at camp this summer. If you have any questions, please do not hesitate to contact me.

Matt Verni  
Camp Director  
607-431-4728  
[vernim@hartwick.edu](mailto:vernim@hartwick.edu)

P.S. You may also contact the Summer Sports Camps Office 607-431-7000

## SOCCER CAMP CHECKLIST

The following checklist will help you prepare for your week at camp.

### CAMPER'S CHECKLIST - RECOMMENDED ITEMS:

(Some items listed below are specific to resident campers only)

**NOTE:** Bring sufficient clothes for three field sessions per day.

\_\_\_\_ PERSONAL WATER BOTTLE – mandatory item

\_\_\_\_ sneakers (2 pair)

\_\_\_\_ cleats (2 pair)

\_\_\_\_ equipment bag (to carry to sessions)

\_\_\_\_ shin pads

\_\_\_\_ soccer socks

\_\_\_\_ soccer shorts

\_\_\_\_ T-shirts (to play in)

\_\_\_\_ sweatshirt & sweatpants

\_\_\_\_ light jacket

\_\_\_\_ rain gear

\_\_\_\_ swim suit

\_\_\_\_ fan

\_\_\_\_ small clock

\_\_\_\_ laundry bag

\_\_\_\_ soap

\_\_\_\_ shampoo

\_\_\_\_ toothpaste

\_\_\_\_ brush/comb

\_\_\_\_ sunscreen

\_\_\_\_ towels

\_\_\_\_ linens (sheets, pillows and blankets)

\_\_\_\_ change for phone calls, vending machines

We recommend that you do not bring radios, "boom boxes", jewelry, or other valuable items. We cannot assume liability for loss of such items. Each resident camper will have a key to his/her room. If you have any questions, please do not hesitate to contact the Summer Sports Camp Office at 607-431-7000.

# HARTWICK COLLEGE

## 2010 SUMMER SOCCER CAMP

**PLEASE RETURN THIS FORM IMMEDIATELY UPON RECEIPT OF THIS LETTER**

Please fill out/circle the information requested below:

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Email: \_\_\_\_\_

Session:   I   or   II  

High School: \_\_\_\_\_

Hometown: \_\_\_\_\_

Total Years Experience: \_\_\_\_\_

Position: \_\_\_\_\_

\* Have you attended Hartwick Camp before? (Y/N) \_\_\_\_\_ Year(s) \_\_\_\_\_?

Club Team: \_\_\_\_\_

Club Coach and Contact Details: \_\_\_\_\_

**PLEASE RETURN THIS FORM IMMEDIATELY!**

**TO:**

**HARTWICK COLLEGE  
SUMMER SPORTS CAMPS  
PO BOX 4020  
ONEONTA, NY 13820**