



2011 BOYS' AND GIRLS' SOCCER CAMP II

Dear Camper,

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

- **Camp Dates: Saturday, July 16th - Wednesday, July 20th**
- **Registration (Residents/Commuters): Saturday, July 16th at 12:00-1:00 p.m. in Saxton Hall (Campus Map Included).**
- **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.**
- **FULL PAYMENT is due on or before registration.**
- **Camp Ends: Wednesday, July 20th ... arrangements should be made to leave after the camp ceremony at 4:00 p.m.**

Daily Schedule

7:30 AM - 8:30 AM	Breakfast (Residents)
9:00 AM	Commuters Arrive
9:30 AM - 11:30 AM	Emphasis on Technique, Skill Instruction, Small Sided Games
11:30 PM - 1:30 PM	Lunch and Supervised Swimming
2:00 PM – 4:30 PM	Functional Training and Tactical Decisions, Small Sided Games
5:00 PM – 6:00 PM	Dinner
6:00 PM - 8:00 PM	Systems of Play (Commuters Depart 8:00PM)
8:30 PM – 10:00 PM	Evening Activities
10:30 PM	Lights Out

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

John Scott
Camp Director
607-431-4712
scottj@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

2011 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**