

Dear Parents and Campers,

This note is intended to answer some of the questions that may arise as camp approaches.

To begin with, there are a few differences between the Full Day and Rookie Raptor Programs that I would like to point out:

- **Daily Schedule** - The daily schedules for both camps detailed on the second page.
- **Lunch / Snack** - Both are included in the registration fee.
 - Lunch is a part of the **Full Day Program**, and is served in the Bard College cafeteria facility.
 - Lunch is **NOT** provided for the **Rookie Raptors**, however a snack is. The snack is served on the field, and consists of a variety of juices, water, fruit, cookies, granola bars, and other nutritious snacks. You are more than welcome to pack a "lunch" for your child to eat during the snack time if they are used to eating an earlier lunch.

The following is a list of the items the children will receive when they arrive at camp:

- **Soccer Ball** - A ball, preferably the camp ball, must be brought to camp every day.
- **Sports Pack** - A bag or pack should be brought to camp each day, it helps (hopefully!) the children keep track of their stuff.
- **Water Bottle** - *A water bottle must accompany the kids to camp everyday!* It does not have to be the camp water bottle, however please make sure your child's name is clearly visible. We will have water available at all times!
- **Camp T-Shirt** - This does not need to be worn everyday! The shirt should be worn for picture day.
- **Mini Ball** - These get misplaced very easily at camp! I would recommend leaving these at home to practice with.

In addition to the items listed above, campers should bring the following items to camp each day:

- **Shin Guards are mandatory! Campers will not be allowed in contact situations without them.**
- **Appropriate Footwear**
 - Cleats.
 - Flats or regular sneakers. These give the feet a break from cleats, and also can be worn during lunch and movie time. They are also necessary in case we have to go inside because of bad weather.
 - Sandals or flip-flops.
- **Sun Block & Insect Repellent.**
- **Change of clothes if it looks like rain.**

Swimming

Swimming is an optional activity campers may choose to do during the *Supervised Free Time* portion of the daily schedule.

- If your child is interested in swimming during the week, they must come prepared to swim on the first day of camp. Every child must take the swim test in order to swim during the camp.
- Please make sure to pack appropriate swim wear and a towel.
- If your child would like to use flotation (swimmies, vest) when they swim, they must bring their own.

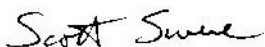
Camp Store

The camp store will have Gatorade and snacks available for the campers to purchase during break times. You will be able to set up an account during registration.

As you know, the weather during July may be very hot and humid. It is essential that each camper maintain proper nutrition and hydration during the week they are at camp. It is important that a nutritious diet and plenty of fluids be consumed while at home, as it helps the body recover from the day's activities as well as preparing the body for the next day. The daily schedule includes several breaks, providing the campers with a chance to rest and relax.

I am looking forward to seeing your child at camp this summer! Please feel free to contact me if you have questions or concerns.

Sincerely,



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SOCCER CAMP DAILY SCHEDULES

ROOKIE RAPTORS (Half Day)

9:00	Arrive at camp
9:00 - 9:20	Stretch & warm-up
9:20 - 9:50	Individual skill session
9:50 - 10:00	Break
10:00 - 10:30	Small group exercises
10:30 - 11:00	Supervised free time
11:00 - 11:30	Break with juice and snack
11:30 - 12:00	Individual & group tactics
12:00 - 12:10	Break
12:10 - 12:40	Skill games and competitions
12:40 - 1:00	Games
1:00	Pick - up

RAPTOR SOCCER CAMP (Full Day)

9:00	Arrive at camp
9:00 - 9:30	Stretch & warm-up
9:30 - 10:00	Individual skill session
10:00 - 10:15	Break
10:15 - 11:00	Small group exercises
11:00 - 11:45	Supervised free time
11:45 - 12:00	Change & walk to lunch
12:00 - 12:45	Lunch
12:45 - 1:30	Movie
1:30 - 2:30	Individual & group tactics
2:30 - 2:45	Break
2:45 - 3:15	Skill games and competitions
3:15 - 4:00	Games
4:00	Pick - up

* Please note that times are approximate and may possibly change from day to day. This does not include morning arrival at camp or afternoon pick - up, which will always remain as listed above.