



# Keene State College

2009 Owl Soccer Camps and Goalkeeper Training Center

## Parent and Camper Information for Week-Long Camps

1. You can access the HEALTH STATEMENT and RELEASE FORM at the very bottom of the soccer camp website. The health statement must be signed by your family doctor and the release form by a parent or guardian. Campers **WILL NOT** be allowed to participate without these statements. If your son/daughter has had a high school sports physical within the last year, a copy of that form can be used in lieu of the physician's signature on the health statement. You still need to complete all the other information on the health statement.
2. The final camp payment must be made before **June 26, 2009**. A \$25 late fee will be charged after this date.
3. **First meal** – Sunday evening at 5 p.m.; **last meal** – Friday breakfast  
**First practice** – Sunday evening at 6:30 p.m.; **last practice** – Friday, 9 a.m. to noon
4. Upon arrival at Keene State College, **REGISTRATION** will take place in front of **Carle Hall** for both girls and boys on each Sunday between 2 and 4 p.m. **Commuter registration** is at 4 p.m. on Sunday at Carle Hall.
5. **Check out** is each Friday between noon and 1:30 p.m.

### ► Campers, please read

1. We recommend bringing \$25 spending money for the week for miscellaneous needs. The **KSC Student Center** will also be open to camper use. It includes a bookstore, general store, ATM machine, and snack bar.
2. **SHIN GUARDS ARE REQUIRED FOR ALL CONTACT PRACTICES AND GAMES.**
3. A list of **camp rules and regulations** can be accessed at the bottom of the soccer camp web page. Read it thoroughly so that there will be **NO** misunderstanding. **All rules are enforced.**
4. You will be training on both natural grass and omni-turf (artificial surface). Please bring either soccer training shoes or running shoes for the turf. Some games will be held under the lights at the stadium.
5. Parents and friends are welcome to visit during the week. Evening camp games begin at 6:15 p.m., Monday through Thursday, and at 9 a.m. on Friday.

For questions, contact RON BUTCHER, Camp Director, at 603-358-2805 (rbutcher@keene.edu) or DENISE LYONS, Assistant Camp Director, at 603-358-2852 (dlyons@keene.edu).

6. We recommend that you bring the following items for the week:

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|--|--------------------------------|
| 1 pair soccer shin guards              | 2 sheets or sleeping bag       |
| 10 pairs athletic socks or soccer hose | 1 blanket                      |
| 8 soccer shorts (no cutoffs allowed)   | 3 towels                       |
| 1 sweat suit or sweatshirt             | toiletries                     |
| 2 pair broken-in soccer shoes          | 1 <b>fan is a must</b>         |
| 1 pair training shoes or sneakers      | cooler for soft drinks in room |
| 1 pillow/pillowcase                    | 1 <b>alarm clock</b>           |

**Goalkeepers**, bring appropriate dress. Long-sleeve shirts, training pants, goalie gloves, and shin guards.

7. **Laundry:** Laundry facilities are available for camper use. The washing machines and dryers work on a card system. Information on how to use the cards and gain access to the laundry facilities will be explained upon arrival.
8. **Telephone: There are no public telephones in Carle Hall. However, each room has a phone hook-up. It is recommended that you bring your own phone for the week. You can make only credit card and collect calls outside the Keene area.**
9. **Swimming pool:** The swimming pool is available for the Owl Soccer Camps each day from 11:15 a.m.-12:15 p.m. and 4 p.m.-5:15 p.m.

### ► **Commuter Information**

1. **Sunday:** Registration at 4 p.m. at Carle Hall; first practice at 6:30 p.m.
2. **Sunday:** Evening meal and on-field practice session from 6:30 p.m.-8 p.m.
3. Commuters should report to the Carle Hall main lobby each morning at **8:30 a.m.** Pick-up time in the evening is approximately **8:30 p.m.** from Carle Hall. Lunch and supper are served to commuters (not breakfast).
4. **Rooms** will be available in Carle Hall and Owl's Nests for commuters to dress, shower, and stow their gear for the day.