

# General Information

# Thank you for joining us for 2020 Girls Frostburg Residential Camp. We are super excited to have you and we look forward to a week of great soccer.

# Below is our General Information about the camp and what you need to bring. We will be providing more information as the event gets closer on bus schedules, additional documentation, and key points of contact. In the meantime if you have any questions please contact our Technical Director Jonathon Colton at jcolton@bethesdasoccer.org

# Camp Allergies and Medicine

If your daughter needs to take medicine while she is at camp, we will need a note from your doctor. You may give us the medication and instructions upon check-in. Please feel free to reach out before camp with any questions/concerns. We will have a certified trainer at the camp! If your daughter needs over the counter medications, we will need a note from you rather than a doctor. Be sure any notes indicate dosages and any pertinent instructions.

# Daily Schedule

8-9am: Breakfast

930-1130am: Warm Up, Technical Skills & Small Sided Games 12-1pm: Lunch

1-230pm: Rest (in your own rooms)

230-430pm: Attacking, Finishing, GK training 5-6pm: Dinner

630-8pm: World Cup 7v7 Tournaments 8-10pm: Pizza

**Individual Skill Training...**

1st Touch Passing Receiving Heading Shooting Tackling Dribbling Vision

Goal Keeping Positional Play



OVERNIGHT CAMP - PACKING LIST

## Supplies:

Sheets Pillow Blanket Towel

 Medicine/Medical Supplies

## Clothes:

T-shirts (no tank tops) Shorts

Pajamas Underwear - socks Rain gear

Jeans Sandals/Flip flops Sweatsuit

## Soccer Stuff:

Ball Cleats

Shinguards Soccer socks

Running Shoes (indoor training shoes) Water Bottle

Soccer bag

## Toiletries:

Shampoo, Conditioner Toothbrush, toothpaste Brush, comb

Mesh laundry bag Sun screen

Bug spray

## Personal Items:

Books

Some spending money (Pizza in the evening will

$1-2 per slice)

Make sure all items are marked with name or initials.