

Soccer



The Greatest Game on Earth

WELCOME CAMPERS!!!

Dear Campers and Parents,

Welcome to Camp! This summer 2010 camp begins my 13th year as Director of the Oakland University Girls Soccer Camps. We have had much success with our camps over the years; I'm sure you will enjoy this experience. I believe our success is due to the quality coaching of my outstanding energetic staff. Our quality staff is eager to help you improve as a player. Most of the female coaches on staff are current or former players with the OU Women's Soccer Team. Each has been an integral part in our accomplishments over the past several years. Over the last 8 years we have been the dominant team in the conference; 5 NCAA appearances and 6 conference titles. We look to continue the success here at Oakland and maintain our winning tradition. Our plan is to teach you some of the concepts that have made us a successful program. We encourage you to have fun at camp, make new friends and enjoy learning more about the wonderful game of soccer. We hope to see you at some of the Oakland University Women's Soccer games!

Thanks again for coming to camp.

Sincerely,

Nick O'Shea

Head Women's Soccer Coach
Oakland University

Camp Q & A

Most Frequently Asked Questions of the Parents and Players



Q. How do I check in for camp?

A. Resident campers need to check in between 11am and 1pm on the Sunday of camp at the Oakland University Athletic Center lobby. (Map provided)

Commuters should check in between 12:30pm and 1pm on the Sunday of camp at the Oakland University Athletic Center lobby. (Map provided)

Q. What should I bring to camp?

A. Soccer shoes
Shinguards
Socks
Shorts
Shirts
Warm-up
Running shoes
Sunscreen
Swimsuit and towel

In addition overnight campers need to bring:

Bedding
Pillow
Towel
Fan recommended
Toiletries
Food/snacks
Bottled water/gatoraid
**Water and soccer balls will be provided during practice sessions

Q. Should my daughter bring spending money to camp?

A. Optional - but most do bring some. Drinks, snacks and ice cream are available for purchase. Oakland University apparel is also available to purchase. Some campers like to order pizza as a late night snack.

Q. How can I contact my daughter during Camp?

A. She will have a phone in her room. You should have received this number at check in. Do not leave a message for your daughter as she will not have the ability to access that feature on her phone. We suggest that you have her contact you or lend her a cell phone so that she is not sitting alone in her dorm room waiting for parents to call.

Q. How do I work my dorm room phone?

A. The phones in the rooms will only receive calls. You will not be able to call out on them. If you are expecting a call and the phone does not ring, check the ringer to make sure it is turned up loud enough to hear. You can also have another camper call your phone from theirs to make sure it is working. See a counselor for any other problems. Cell phones are going to be the best way to contact your parents. Pay phones are also available in the dorm. Campers will not be able to check voicemail on the dorm room phone.

Q. Will I be able to watch my child play?

A. Your child will be playing games in the last session each day. You are welcome to watch those games if you desire. The evening games will begin at 6:30 pm.

Q. When are the swimming sessions? Who will be watching the pool? Does everyone have to swim?

A. The Recreation center swimming pool will be open to all campers who wish to go swimming. Swimming is completely voluntary. Swimming times are from Noon-1 p.m. Monday-Thursday, and 9 – 10 p.m. Monday –Wednesday. There will be lifeguards on duty during each session. Camp counselors will also be present on the pool deck to help campers with the locker rooms and any other questions they may have. Smaller campers may be asked to pass a swim test before being allowed to swim.

Q. What if there is an injury during camp?

A. There will be a certified athletic trainer at each training session. The trainer is part of the Oakland University athletic training staff. University procedures regarding emergency situations will be followed. The trainer will have all of your Medical Release information with them in case of an emergency. Parents will also be contacted immediately at the emergency numbers you provided.



Q. What kind of safety is there in the dorms?

A. There will be a minimum of two camp counselors supervising each floor while the campers are in the dorms. This of course includes at night. There will also be some coaches staying in the dorms. Oakland University housing also has Residence Assistants staying in the dorms. Campers will be notified of which rooms the counselors are staying in. Outside doors to the dorm will lock at 10:00 p.m. Campers should lock their room doors at night and every time they leave their room.

Q. What time is the awards ceremony?

A. The award ceremony will take place at roughly 8:00 p.m. on Thursday. Campers will have all their stuff packed in their rooms and ready to go once dismissed from camp around 8:45 p.m. Campers will need to go back to their rooms, grab their bags, and turn in their key before they leave camp.

Q. What time should commuters be dropped off in the morning and be picked up at night?

A. Commuters should be dropped off at the lower fields in time to be ready for the morning session which begins at 9:00 a.m. They may be picked up at the field at 8:30 p.m. or after swimming at the Athletics Center at 10:00 p.m.

Q. Where will commuters be able to hang out during the day?

A. Commuters will be able to hang out in the cafeteria, dorm rooms of other resident campers they know or have met, the lounges in the dorm (located in the center of each dorm floor), or in the Oakland Center game room. Campers will all be taken on a tour of the important parts of campus by the counselors once camp begins on Sunday.

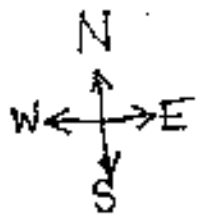
Q. Is there a number I can call if I have concerns while my daughter is at camp?

A. Here are the numbers of the

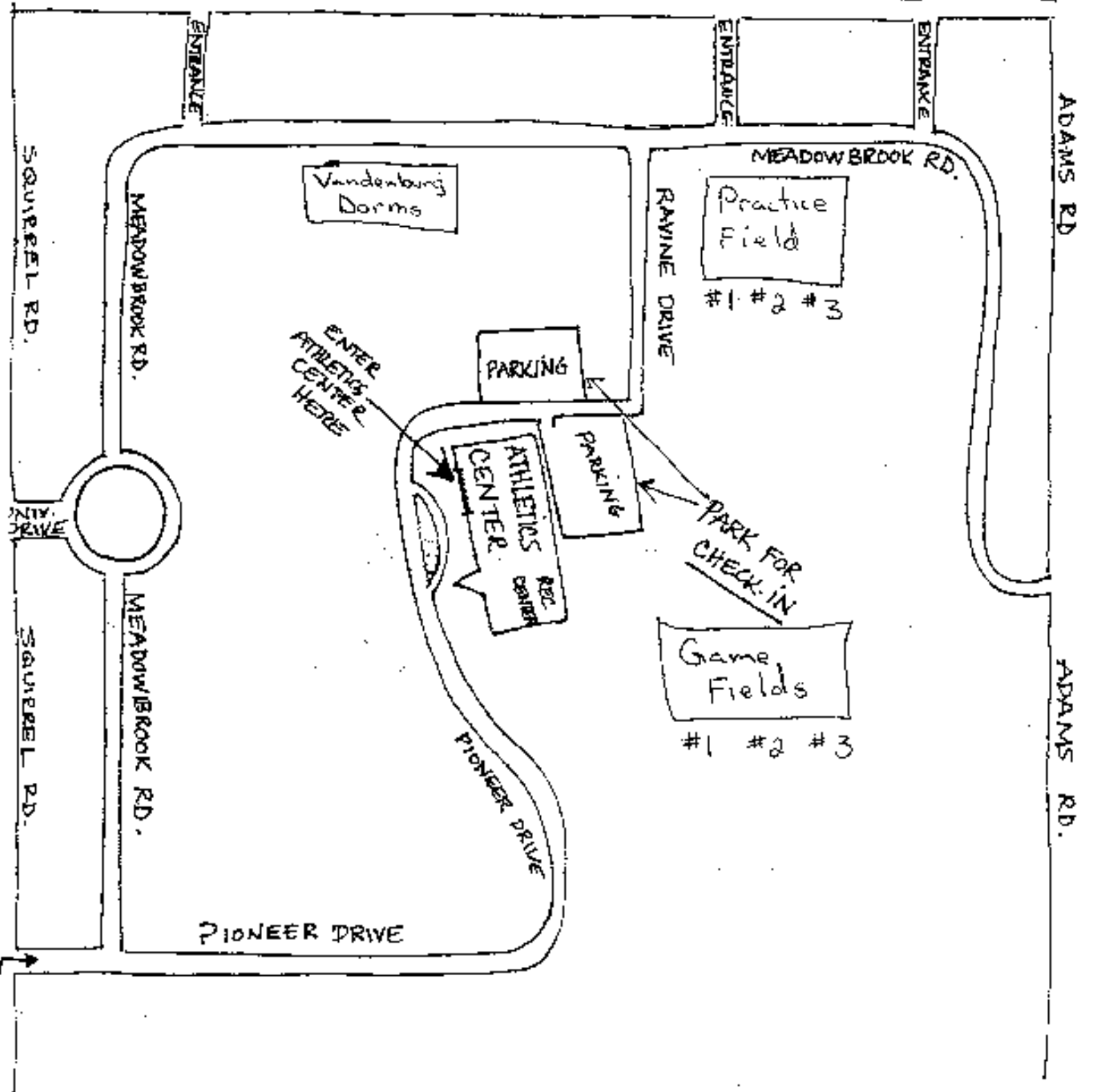
Camp Directors:

Nick O'Shea - cell - 248-563-6692.

Leslie-Ann O'Shea – cell -248-535-5757.



WALTON BLVD.



ADAMS RD.

MEADOWBROOK RD.

Vanderburg Dorms

Practice field
#1 #2 #3

PARKING

ENTER
ATHLETICS
CENTER
HERE

ATHLETICS
CENTER
REC.
CENTER

PARKING

PARK FOR
CHECK-IN

Game
Fields
#1 #2 #3

MEADOWBROOK RD.

RAVINE DRIVE

MEADOWBROOK RD.

PIONEER DRIVE

PIONEER DRIVE

SQUIRREL RD.

SQUIRREL RD.

ADAMS RD.

ENTRANCE

ENTRANCE

ENTRANCE

UNIV. DRIVE



OAKLAND UNIVERSITY SOCCER CAMP RULES, REGULATIONS, AND INFORMATION

- 1 All campers must remain on campus. No one will leave the campus area for any reason unless pre-approved by the counselors or coaches and your parents.
- 2 You must attend all meals.
- 3 Lock the door to your room. Don't invite strangers into your room.
- 4 You are responsible for your dorm room. You will be billed for damage.
- 5 Listen, learn and become better players.
- 6 Do not remove the screen in your dorm room.
- 7 Do not wear soccer shoes in the dorm, sports center, or dining facility
- 8 Lights out at 11:00 p.m.
- 9 Report any homesickness to counselors.
- 10 Campers must attend all training sessions. Be sure to be on time for each session. (If you are sick or injured, report to the trainer on the field). Report any injuries to the trainer and/or call Nick or Leslie-ann O'Shea 248-535-5757.
- 11 Shin guards and soccer shoes must be worn for all training sessions. (Running shoes can substitute for soccer shoes).
- 12 When swimming, store your clothes on the pool deck. Do not leave any clothes in the locker room.
- 13 Have fun this week.



OAKLAND GIRLS SOCCER CAMPS L.L.C
Summer Camp Medical Information and Release for Treatment

Date of Camp: _____

Child's Name: _____

Date of Birth: _____

Parent(s)/Guardian(s) Name: _____

Home Address: _____

Telephone #: _____ Work #: _____ Cell #: _____

Secondary Contact Source in Case of Emergency: Name _____

Telephone #: _____ Work #: _____ Cell #: _____

**** If my child needs medical treatment while participating at Oakland Soccer Camps, I give my permission for treatment to be given immediately.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Insurance Information

Insurance Co.: _____ Member's Name: _____

Group #: _____ Policy #: _____

ID #: _____ Service Code: _____

Medical Information

1. If your child is presently taking any medication, please indicate what type and why: _____

2. Please list any drug sensitivities: _____

3. Please list any allergies: _____

4. Please list your child's medical problems and/or significant injuries that the medical staff at Oakland Soccer Camps should be made aware of: _____

5. Date of your child's last tetanus shot (if known): _____

Thank you for your cooperation in filling out this important emergency information

Oakland Girls Soccer Camps L.L.C
36 Arizona Avenue, Rochester Hills, MI 48309