

**OAKLAND SOCCER CAMPS
SUMMER 2010
DAY CAMP SCHEDULE**

BOYS AND GIRLS DAY CAMPS- June 21-25 and July 19-23, 2010

*Check In-**BOTH CAMPS** Monday 8am-8:45am Oakland University Athletics Center Lobby

Half Day Camp

- **Monday-Friday**

8:45am	Drop Off in Lower Fields parking lot- <u>LOT 13</u>
9-10:30am	Skill Session (Lower Soccer fields)
10:30-11:15am	Small-Sided Games (Lower Soccer fields)
11:30am	Swimming*
12:30pm	Dismissal-Pick Up in Parking Lot behind Athletics Center- <u>LOT 17</u>

Full Day Camp

- **Monday-Friday**

8:45am	Drop off in Lower Fields parking lot- <u>LOT 13</u>
9-10:30am	Skill Session (Lower Soccer fields)
10:30-11:15am	Small-sided Games (Lower Soccer fields)
11:30am	Lunch (Provided by Oakland Soccer Camps)
12 Noon	Head up to Locker room for swimming
12:15-1:15pm	Swimming *
1:30-3:15pm	Skill Session (Lower Soccer fields)
3:15-4pm	Small-sided games (Lower Soccer fields)
4pm	Dismissal-Pick Up in parking lot of lower fields- <u>LOT 13</u>

***To attend swim sessions, campers must be able to swim in 3 feet of water or be supervised by their parent**

All Campers, please remember to bring for soccer:

***SOCCER BALLS/WATER PROVIDED FOR THE WEEK BY THE CAMP!**

- Soccer Cleats
- Sneakers/Gym Shoes
- Shin Guards
- Soccer Shirts and Shorts (Shirtless is not allowed)
- Soccer Socks
- Sweats
- Raingear (if necessary)
- Swim Suit
- Sun Screen
- Towel
- Soccer Bag



OAKLAND SOCCER CAMPS L.L.C
Open Swim Rules and Regulations

***To attend swim sessions, campers must be able to swim in four feet of water or be supervised by their parent/guardian.**

- **Please take off shoes outside pool doors.**
- **Please do not run on the deck (No horseplay on deck or in water).**
- **Food, open drink or gum is not permitted in the pool area.**
- **Listen to the lifeguard (Stop when you hear a whistle).**
- **When the diving boards are being used, the diving pool area is closed for swimming.**
- **Diving permitted only by lifeguards and only in permitted areas only.**
- **Dive straight from the boards. Do not dive off to the sides.**
- **One person on the diving board at a time.**
- **Dive only when prompted by the lifeguard.**
- **Use the appropriate stairs on the side of the diving boards (Do not cross the front of the boards).**
- **Stay off the bulkheads. Do not swim under the bulkheads.**
- **The basketball hoops and nets cannot support weight. Do not hang on the hoops like Shaq!**
- **Do not hang on the lane lines ropes....they will snap!**
- **The hot tub is NOT for use by the campers.**

OAKLAND UNIVERSITY SOCCER CAMP 2010

MONDAY

HOT DOGS

HAMBURGERS

BANANA'S

CHIPS

JUICE BOXES

RICE KRISPY TREAT

TUESDAY

ITALIAN SUBS

GRILLED CHEESE

APPLES

CHIPS

JUICE BOXES

CHOC CHIP COOKIE

WEDNESDAY

POLISH KIELBASA

HOT DOGS

FRUIT

CHIPS

JUICE BOXES

ICE CREAM

THURSDAY

TURKEY SUBS

GRILLED CHEESE

FRUIT

CHIPS

JUICE BOXES

M/M COOKIES

FRIDAY

PIZZA

CHIPS

BANANAS

ICE CREAM

JUICE BOXES

Included every day:

- **Peanut butter/ jelly will be served each day**
- **Ice cold lemonade will be available at lunch**
- **Seconds will be served after each child is served**

2010 Oakland Soccer Camp Application

Name: _____ Boy Girl

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Email (Required): _____

All confirmations will be sent via email only

Age: _____ Grade: _____ Birthdate: _____
(at time of camp) (Fall 2010)

- Half-Day Camps – Boys/Girls (ages 6-13) \$140.00
 Dates: June 21-25, 2010 July 19-23, 2010

- Full-Day Camps – Boys/Girls (ages 6-13) \$275.00
 Dates: June 21-25, 2010 July 19-23, 2010

- Overnight Camps – Boys (ages 10-18) Roommate Request: _____
(list one; overnight campers only)
 Dates: July 11-15, 2010
 July 25-29, 2010
 Cost: Resident \$525
 Commuter \$465 (includes Lunch and Dinner)

- Goalkeeper Overnight Camps – Boys (ages 10-18) Roommate Request: _____
(list one; overnight campers only)
 Dates: July 11-15, 2010
 July 25-29, 2010
 Cost: Resident \$525
 Commuter \$465 (includes Lunch and Dinner)

***Group Discounts for groups of 4 or more. Here's what to do to qualify:**

1. Print out the applications for the camp (do not register online)	Overnight Camp \$525 Now \$505
2. Send applications (there must be a minimum of 4) in the same envelope to the address on the applications	Overnight Camp (Commuters) \$465 Now \$445
3. Include checks for the discounted amount with the applications	Full Day Camp \$275 Now \$260
	Half Day Camp \$140 Now \$130

ALL REGISTRATIONS MUST BE PAID IN FULL, NO PARTIAL PAYMENTS ACCEPTED

I wish to enroll in the 2010 Oakland Soccer Camps, Oakland University, Rochester, Michigan. Neither Oakland Soccer Camps, the directors, Oakland University, nor anyone else connected with the camp assumes any responsibility for accidents (medical or dental) or any other injuries incurred as a result of attendance at this camp. The parent/guardian authorized the directors and staff of the soccer camp to act in their best judgment in any emergency requiring medical attention. The parent/guardian will furnish medical insurance for their child.

Parent/Guardian Signature: _____

Make check payable to: **Oakland Soccer Camps LLC**
 Send application and check or money order to:
 Oakland Soccer Camps L.L.C
 PO Box 80884,
 Rochester, MI 48308-0884

OAKLAND SOCCER CAMPS L.L.C
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 Soccer Camps L.L.C



Welcome:

In order to provide the safest and most enjoyable camp experience possible each camper will benefit from the same sports medicine team that provides care to the Oakland University Golden Grizzlies. Each camp features:

- Athletic Trainer on site
- Board Certified Sports Medicine Physician on call

On behalf of the sports medicine team, we wish you a fun and healthy camp experience.

Sincerely,

Sami F. Rifat, M.D., FACSM
Head Team Physician, Oakland University

Specializing in the care of active individuals of all ages

- Acute Musculoskeletal Injuries
- Concussions and Head Injuries
- Tendinitis and Overuse Injuries
- Running Injuries
- Breathing Difficulty with Exercise
- Neck and Back Pain
- Knee Pain and Injuries
- Foot and Ankle Problems
- Performance Enhancement
- Shoulder Pain and Injuries
- Sports Physicals