

WHAT YOU NEED TO KNOW AS YOU PREPARE FOR TEAM CAMP

WHAT TO BRING We suggest each camper bring these items to camp: ***Towels, pillow, blanket, sheets (twin XL but many normal twins will stretch) or a sleeping bag.*** All rooms are air-conditioned. Soccer cleats & flat athletic shoes (for indoor & walking to fields), shin guards, swimsuit, pajamas, sunscreen, toiletries, some way to set an alarm and enough shirts, shorts and socks for 3 training sessions a day. Campers should bring a bag to carry items such as cleats and ball, to and from the fields. Campers must have a soccer ball. If you don't own one, you may purchase a soccer ball at camp. For your convenience, you may wish to put your camper's name on all belongings.

RESIDENTIAL I CAMP - University of Montevallo:

Check-in time: Sunday 1:00 – 2:30 pm Central Time

Check-out time: Wednesday Noon Central Time after Closing Ceremony

The first camp meeting will be at 3:00 P.M. Dinner will be the first meal served and on the last day, Breakfast will be the last meal served.

ROOMMATES: -Team campers will be housed in Dorms on Campus with 2 campers per room. Team Coach or Administrator should provide a rooming list.

INSURANCE Parents must provide primary health insurance for their sons. The Mike Getman Soccer Camp will carry only a supplemental accident and health policy.

HEALTH INFORMATION Campers should be in good physical condition and in good health to attend camp. Trainers will be at registration to discuss any health condition that may require attention during the week. Campers should break in new shoes before attending camp to avoid blisters and discomfort during the week.

SPENDING MONEY Camper may choose to bring a small amount of spending money. Average money per camper is around \$20. It will be the camper's responsibility for handling their spending money.

HYDRATION Water and Gatorade are plentiful on fields during all training and water breaks are taken often. Therefore, campers do not need to bring their own water bottles to take to the fields. Campers are allowed to bring water bottles, drinks or snacks from home but keep in mind that meals are all you can eat and drink and we provide hydration on the field so nothing is really necessary.

SWIMMING Campers will have some free time during the week to swim in the Recreation Center Pool.

QUESTIONS Call (205) 870-0194 or email us at: info@mikegetmansoccercamp.com.