



# THE TUCSON RACQUET CLUB SOCCER CAMP "SURVIVING SOCCER CAMP."



**WHAT DO I BRING THE FIRST DAY?** Please wear sport appropriate clothing. Soccer Campers will also need full soccer gear including cleats, soccer ball, shin guards and regular "non-marking" tennis shoes (no sandals). Please pack a hat, sunscreen, water bottle, swimsuit and a towel for a refreshing dip in the pool. Label everything and put it in a backpack or sports bag.



**WHERE DO I GO THE FIRST DAY?** Drop-off for Soccer Camp is at Rio Vista Park which is immediately west of the Racquet Club. The fields are best accessed by following Tucson Blvd north until it dead ends in the park. A Google Map is posted on our webpage at [tucsonracquetclub.com](http://tucsonracquetclub.com). All PreCamper's report to the PeeWee room.

**WHERE DO I GET PICKED UP?** Soccer Campers are picked up promptly at 2:00pm at the Racquet Club (not the park). Soccer is dismissed at Ramada #1 at the south end of the Club. **AFTERCAMP PICKUP:** Before 3:30PM in the restaurant— after 3:30PM poolside ramada.

## WHAT'S A TYPICAL DAY LIKE?

PreCamp begins at 7:30AM  
 9:00AM Camp begins promptly at Rio Vista Park.  
 9-11:15AM Soccer skills, drills and games.  
 11:30-NOON Pool break & lunch.  
 NOON-12:30PM Lunch.  
 12:30-2:00PM Varied indoor soccer activities.  
 AfterCamp from 2:00-5:30PM

## WHATS FOR LUNCH? WHATS FOR LUNCH?

Through our many years of experience we have carefully developed a "kids favorite" menu. All items are freshly prepared in the Racquet Club kitchen daily. Most days feature a choice of two entrees along with a fresh green salad, fruit, and a Gatorade. The menu for the entire summer is posted on our website. Otherwise, you are welcome to bring a lunch for the Camper, and it will be stored in the Camp office refrigerator. Soccer "lunch break" is from 11:30AM-12:30PM with the first half being free swim. Those not swimming can enjoy board games, ping pong, and other fun activities. Campers will display proper manners and clean their area after eating.



**SAFETY:** We take great pride in our safety record. Safety rules and guidelines are provided in this flier and at the "daily briefing". Please follow the direction of all coaches at all times. Each Coach will have rules specific to their sport and station.

**POOL SAFETY:** Do not run in the pool area. Swim only in the designated Camp pool. Campers are not permitted in the lap pool. Coach-

es will brief you on other important safety rules. Two lifeguards are on duty at all times in addition to our Camp staff.

**LANGUAGE AND CONDUCT:** Improper language will not be permitted. No swearing, cursing, or sound-a-likes. If the word is not in the Macmillan's Children's Dictionary, it cannot be used at Camp.

**LEAVING CAMP:** Please get permission from your Coach before leaving Camp. Campers are not allowed to leave Camp for any reason without written parental authorization.

**SOFT DRINKS, SNACKS AND GUM:** Soft drinks and gum are prohibited during all rotations. Snacks and a Gatorade are provided at the mid-morning break.

**RACQUETBALL BUILDING:** Campers may not go into the Racquetball building unless they are with a Coach.

**DRINK WATER:** It's important for Campers to remain hydrated. Camper's are encouraged to bring a water bottle—please label. Water and shade are available at all instruction stations. Drinking is encouraged by the staff. Gatorade is provided during the morning break and at lunch. Drinking cups are provided if you forget your water bottle. Please drink plenty of water!

**KEEPING YOUR EQUIPMENT:** Keep your belongings in a backpack or sports bag ...it will travel with you through the day. Please label all equipment and clothing to identify it. The Tucson Racquet and Fitness Club is not responsible for lost items.

**SUN AND HEAT:** Sunscreen is a necessity! A water resistant high SPF sunscreen is recommended. A hat or visor will help make the summer heat a little more bearable. All morning instruction stations have water and shade. Lunch is inside and cool down. Afternoon soccer activities are inside. Swim is outdoors but it's always "cool in the pool".



**INJURY AND ILLNESS:** Our job is to challenge the Camper in all activities. It is your job to make the Coaches aware of injuries and illness that may limit the Camper's performance.

**BALL IN A BAG RULE:** When at the Racquet Club, soccer balls are to remain in your bag until your coach instructs you to take it out.

**LOCKER FACILITIES:** Campers must use the dedicated Camp poolside locker room to change. Lockers are available for day use only. Campers may bring a lock.

**SPECIAL NEEDS:** If you have any special needs (medications, allergies, etc.), please let us know and we will help accommodate.

**CAMP PARTY AND AWARDS:** The end of each session is highlighted by a "Camp Party" and "Awards Presentation". Winners will be posted on our Facebook, Instagram, and Twitter pages.