



The Tucson Racquet Club
Pee Wee Soccer Camp
 "Surviving Pee Wee Soccer Camp"



WHAT DO I BRING THE FIRST DAY? Please wear sport appropriate clothing. Pee Wee 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 and pick up are at the North Parking Lot Gate. Take your child to the ramada for Pee Wee Soccer check-in. Signs will point you in the right direction. PreCampers please use TRC's main entrance and report to the Pee Wee room (Yoga studio at the end of the racquetball building).

WHERE DO I GET PICKED UP? Pee Wee Soccer pickup is promptly at 2:00PM in the aerobics building; park in the same north parking lot used for drop off. Whomever drops the Camper off is the only person that can sign out the Camper unless otherwise arranged with the staff. **AFTERCAMP PICKUP** use main entrance: Before 3:30PM in the Pee Wee Room — after 3:30PM poolside ramada.

WHAT'S A TYPICAL DAY LIKE?

PreCamp	PreCamp begins at 7:30AM
9:00AM	Camp begins promptly at the Racquet Club.
9-11:15AM	Soccer skills, drills and games.
11:30-NOON	Pool break.
NOON-12:30PM	Lunch.
12:30-2:00PM	Varied indoor soccer activities.
AfterCamp	AfterCamp 2:00-5:30PM

WHATS FOR LUNCH? Through our many years of experience we have carefully developed a "kids favorite" menu. All items are freshly prepared daily in the Racquet Club kitchen. Most days feature a choice of two entrees along with a green salad, fresh fruit, and a boxed fruit drink. The menu for the entire summer is posted on our website. You are welcome to pack your own 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. Coaches 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. Campers are encouraged to bring a water bottle—please label. Water and shade are available at all instruction stations. Hydration 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 for identification. 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 and 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.

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 the session is highlighted by an "Awards Presentation". Winners will be posted on our Facebook, Instagram, and Twitter pages.