



The Tucson Racquet Club

Soccer Camp 2020

Everything you need to know...



WHAT DO I BRING THE FIRST DAY? Please wear sport appropriate clothing. Soccer Campers will also need full soccer gear including **soccer ball**, cleats, 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. We encourage each camper to bring a snack everyday. 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 Tucson Racquet Club (TRFC). 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.

WHERE DO I GET PICKED UP? Soccer Campers are picked up promptly at 2:30 pm at the TRFC’s back parking lot gate between the pickleball courts and basketball court.

WHAT’S A TYPICAL DAY LIKE?

9:30 AM	Camp begins promptly at Rio Vista Park.
9:30-11:45 AM	Soccer skills, drills and games.
12:00-1:30 PM	Pool break and staggered lunches
1:30-2:30 PM	Varied indoor/outdoor activities.
2:30 PM	Pick-up at north parking lot gate

WHATS FOR LUNCH? Through our many years of experience we have carefully developed a “kids favorite” menu. All items are freshly prepared in the TRC kitchen daily. Every morning campers will pre-order boxed lunches from a set menu. The menu will include several entrée options and a choice of side; fresh green salad, fruit, or french fries. Every camper will receive a Gatorade or juice. No sharing of food or drinks will be permitted. This year, lunches will be staggered in 30 min blocks and every cohort of 10 campers will eat at different times to ensure social distancing. All tables and chairs will be disinfected after use of each cohort. Soccer Campers will be expected to eat in a timely manner and display proper manners.



SAFETY: Safety is our top priority. We take great pride in our safety record. COVID-19 specific safety rules and guidelines are provided in detail on the back of this sheet. It is of paramount importance that campers follow their coaches directions 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 (shaded lap pool). Campers are not permitted in the main pool this year. We will be staggering swimming rotations to limit the number of campers in the pool. Coaches will brief you on other important safety rules. Our head swim instructor is a certified lifeguard and will be on duty during all of camp hours.

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. Bring a snack, the vending machines are closed. Sharing of snacks and drinks are prohibited.

MAIN TRC BUILDING/LOBBY: No campers may enter inside the club except for lunch when their coach is present.

DRINK WATER: It’s important for Campers to remain hydrated. Camper’s must bring a water bottle—please label. Water and shade are available at all times. Drinking is encouraged by the staff. Gatorade is provided during lunch. Please drink plenty of water!

KEEPING YOUR EQUIPMENT: Keep your belongings in a backpack or sports bag, it will travel with you throughout the day. Please label all equipment and clothing to identify it. The TRFC 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 more bearable. All instruction stations have water and shade. 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. Refer to the back for COVID-19 specific policies this year



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 rooms to change.

SPECIAL NEEDS: If you have any special needs (medications, allergies, etc.), please let us know and we will help accommodate. We ask all campers who are at high risk for COVID-19 to sit this summer out.

CAMP AWARDS: The end of each session is highlighted by an “Awards Presentation.” Winners will be posted on our Facebook, Instagram, and Twitter pages.



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