



Frostburg Soccer Camps  
PO Box 442  
Frostburg, MD 21532  
Office: 301-687-4356  
Fax: 301-687-4780

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**Thank you for selecting the Frostburg Soccer Camp!**

We're excited you've chosen our camp program and are looking forward to providing you with an excellent camp experience. As you may know, our camp is specifically tailored to meet your needs as you prepare for the Fall season. We promise that you will not only get quality training and competition but also do unique teambuilding activities that are totally unique to the Frostburg camp experience.

Frostburg's location makes it an ideal place to train in the pre-season due to the cooler mountain climate and our fields are irrigated throughout the summer. Our camp is conducted on our previous grass game field and we often play evening matches on our new Sprinturf stadium field. We use only our best air-conditioned residence halls and our dining hall is outstanding.

We think you'll find our camp to be both professionally organized and very accommodating. Please look over this letter and our website and feel free to contact us via e-mail or the office phone if you have any questions or concerns over the summer.

All the best,

A handwritten signature in black ink that reads "Brian Parker".

Brian Parker  
FSU Women's Soccer  
Office: 301-687-4356  
Cell: 301-606-2828

*Visit our website at [frostburgsocceramps.com](http://frostburgsocceramps.com) for more about our camps*

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## Typical Camp Schedule -

<i>Arrival Day</i>	<i>Full Days at Camp</i>	<i>Departure Day</i>
2:00-4:00pm <u>Check-In at Frederick Hall</u>	7:45 - Breakfast	7:45 - Breakfast
4:15- All-Camp Meeting	9:00 - Field Session 1	9:00 - Field Session
4:30 - Dinner	11:45 - Lunch	11:45 - Lunch
6:00- Evening Games	2:00 - Field Session 2	1:30 - Final Games
9:00 - Lecture-Discussion	OR Teambuilding/Pool	3:30- Closing Team Meetings
11:30 - Lights Out	5:00 - Dinner	
	6:30 - Evening Games	<u>Check-Out 3:30-5:00pm</u>
	9:00 - Lecture-Discussion	
	11:30 - Lights Out	

### Living Arrangements -

The FSU dorm rooms have modern furniture, air conditioning, 2 single-beds per room, cable TV hook-ups, ethernet internet connections, and microwave/refrigerator units. However, **YOU MUST BRING BEDDING** - sheets, blankets, pillows, and towels. The mattresses are “extra long”.

### Dining Hall -

The FSU Dining Hall is professionally catered and literally steps from the camp dorms. In addition to hot entrée’s, a complete salad bar, cold cut station, cereal, sandwiches, and deserts are provided at every meal.

### What to Bring -

Personal soccer training gear for several days of rigorous soccer activities in a camp setting to include shin guards, a water bottle, and shoes for all types of surfaces. Also, please bring a pen/pencil, swimsuit, sandals, sunscreen, towels, sheets, pillow, toiletries and snack food. **YOU DO NOT NEED TO BRING A SOCCER BALL!**

### Supervision -

The camp coaching staff and counselors are on-site 24 hours a day to provide supervision. A counselor resides on each residence hall floor and socializing with campers from other floors is strictly prohibited in the dorms. No players will be permitted to leave the campus during camp unless accompanied by their parents. The FSU Conferences and Events staff provides 24-hour building security along with FSU Campus Police.

### Contacts -

All cell phone systems work in Frostburg and most companies include FSU in their calling area. Please check with your provider to avoid roaming charges while at FSU.

Camp Director: Coach Parker: Office: 301-687-4356, Cell: 301-606-2828  
 FSU Conferences Office: 301-687-4020  
 Campus Police: Emergencies Only: 301-687-4222

*Please feel free to e-mail questions or concerns to the Camp Director, Coach Parker at  
 Director@FrostburgSoccerCamps.com*