

# **FROSTBURG**

## **SOCCER CAMP**

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

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**Thank you** for completing your registration for the 2008 Frostburg Soccer Team Camp!

Enclosed are some of the camp details again for your convenience. Campers can check in at Westminster Hall on the FSU campus on Sunday afternoon. Directions and a map are attached as well.

### **Check-In**

**Sunday, August 3<sup>rd</sup> from 2:00-4:00pm**  
**Westminster Hall Foyer**  
**All-Camp Meeting: 4:15 pm at the dorms**

**Final Camp Games: Thursday - from 1:30-4:00**  
**(Final Team Meetings will be on the field after your last game)**

### **Check-Out**

**Thursday, August 7<sup>th</sup> from 4:00-6:00pm**  
*Dinner will be served to any campers on Thursday in the Dining Hall as necessary*

### **Notes:**

-Parents are not required but welcome to attend the initial camp meeting on Sunday and any field sessions they wish throughout the week.

-Please bring written notice for our athletic trainers of any allergies or injuries your camper may have or of any medications your camper may need throughout the week.

-Please understand that violations of the camp rules - namely, leaving campus without permission, violating lights-out/curfew times, and socializing in the dorms with other camp's participants - may result in the camper being sent home promptly. We are very serious about providing a safe and secure environment at our camp and will make that clear to all of our campers at the initial meeting.

Please feel free to contact us via phone or e-mail with any questions or concerns about the camp and we'll see you soon.



Coach Parker  
FSU Women's Soccer  
Office: 301-687-4356  
director@frostburgsocceramps.com

## *2008 Frostburg Soccer Team Camp*

### Camp Schedule -

<i>Sunday, August 3<sup>rd</sup></i>	<i>Monday-Wednesday</i>	<i>Thursday, August 7<sup>th</sup></i>
<p><u>2:00-4:00pm</u> <u>Check-In at Westminster Hall</u></p>		
<p>4:15- All-Camp Meeting 4:45 - Dinner 6:00 - Evening Games 9:30 - Lecture-Discussion 11:30 - Lights Out</p>	<p>7:45 - Breakfast 9:00 - Field Session 1 11:45 - Lunch 2:00 - Field Session 2 OR Teambuilding/Pool 4:45 - Dinner 6:00 - Evening Games 9:30 - Lecture-Discussion 11:30 - Lights Out</p>	<p>7:45 - Breakfast 9:00 - Final Field Session 11:45 - Lunch 1:30/2:45- Final Games 3-4:00- Team Meetings on the Field 5:00 - Dinner for late pick-ups</p> <p style="text-align: center;"><u>Check-Out 4:00-6:00pm</u></p>

### 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 beds are “extra-long” single/twin beds.

### 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. However, since our last meal is around 5:00pm, please bring food to snack on throughout the week - there is a microwave/refrigerator unit in every room. ALSO, we will open our food court on campus late on both Tuesday and Wednesday nights. That is the only thing spending money would be needed for throughout the week.

### What to Bring -

Personal soccer training gear for 5 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 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 -

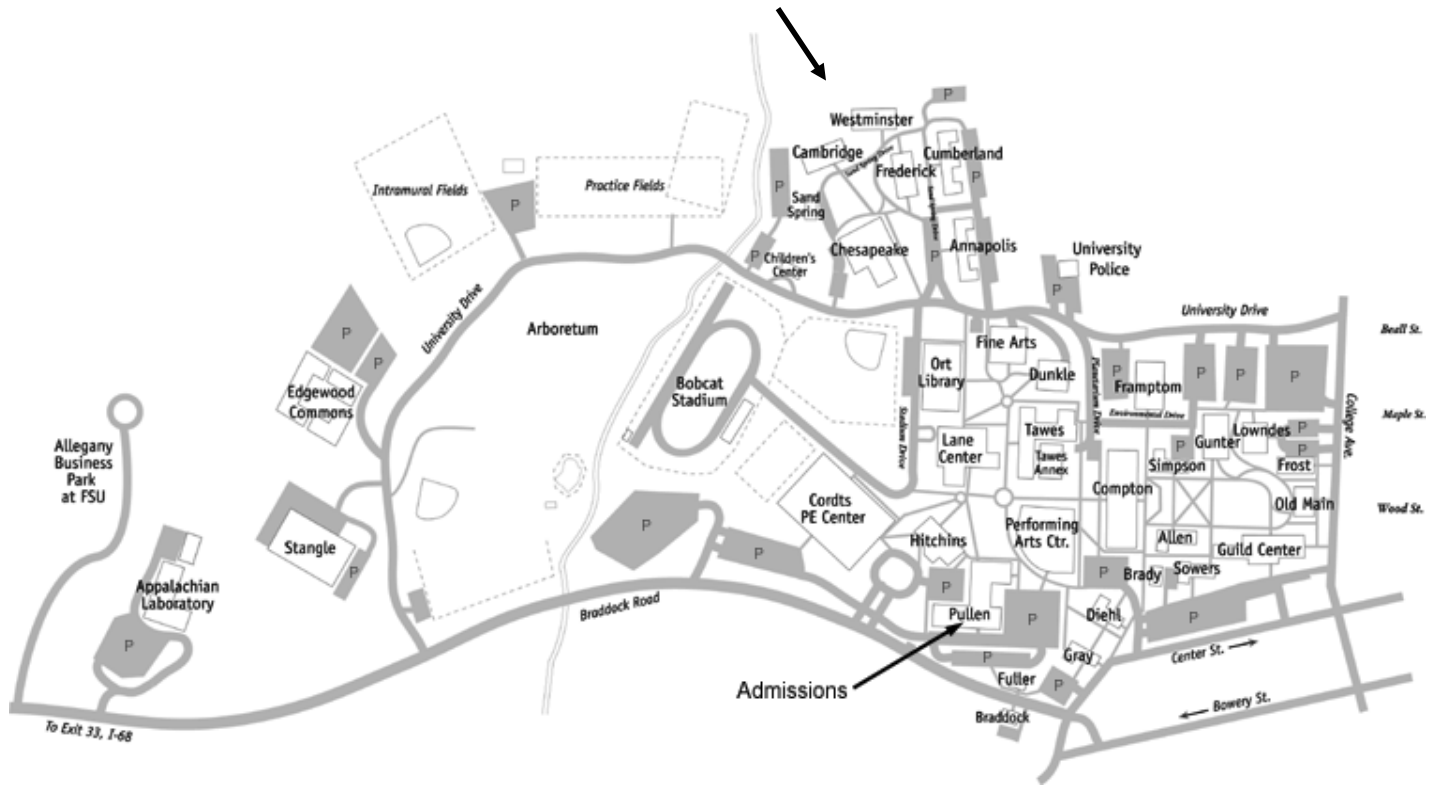
All cell phone systems work in Frostburg and many companies include FSU in their calling area. Please check with your provider to avoid roaming charges while at FSU.

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 Coach Parker at [director@frostburgsocceramps.com](mailto:director@frostburgsocceramps.com)*

## DIRECTIONS AND CAMPUS MAP

### *Check-In and Camp Dorms*



**TO FSU:** Take I-70 West to I-68 West to Exit #33 toward FSU. After you pass the Appalachian Environmental Lab, turn left at University Dr and the Frostburg State signs (grass soccer fields will now be on your right). Follow University Dr. to parking areas around Frederick or Westminster Hall.