

2010 COASTAL CAROLINA SOCCER CAMP INFORMATION

Camp Staff

Paul Banta-Camp Director
Gary Winchester-Assistant Camp Director
Peter Dennison-Director of Goalkeeping Academy
Chris Daly and Cliff Talbot Directors of Striker/Attacker Academy
Jada (Turtle) Vanderlip-Head Director of Athletic Training

Camp Registration and Checkout-Starts at 10:00-12:00 PM (end sharply) at the **Gateway Hall Suites Dormitory #146 on campus map** and Camp check out is the last day of camp 4:30-5:30 PM at **Gateway Hall Suites Dormitory**. Dorm rooms and room suite mates are assigned by the team coach and need to come through at registration together to make this happen. Team and there coaches will be rooming in the same area in the dormitory. **Room Keys and Meal Cards** handed out at registration.

Your First Meal-is 5:00 PM in **Georgia Hall Student Union Cafeteria #220 on campus map** near the lake. Meal Cards are required at each meal and given to coaches and campers at check-in and returned at check out. In Cochran there are several fast food stores for a lunch meal on your first day. Wendy's is a 5 minute walk from the dormitory.

Camp Open Orientation Meeting and Closing Camp Ceremonies-Starts 1:00 PM Sharp First Day Open General Camp **Meeting at Walker Hall Auditorium #100 on campus map** and last day 1:00 PM Closing Ceremonies at the same auditorium. These two required meetings are for all staff, visiting coaches, campers and guests.

Breakfast Chapel Service-There will be Tuesday Breakfast Chapel Service during camp in **Georgia Hall Student Union Cafeteria** at 7:30-8 AM. Please get your breakfast at 7:00 AM and join us.

Dorm Supervision-In every dorm are CCSC staff and visiting team coaches are located. Also your coach will be living on your floor and be responsible for her/his team ability to follow campus rule and assist in evening supervision and helping enforce the lights out schedule.

Leaving the Campus-No Camper is allowed to leave the campus (our liability insurance does not cover any camper or their coaching staff). Off campus walks into the community of Cochran off the campus are not allowed. This includes any trips to local fast food places as they are considered off campus limits. Permission from either Paul Banta to leave the campus with your club or high school coach will be given only to your coach who secures this off campus visit and supervises the visit.

The Campus Cafeteria is located in the **Georgia Hall Student Union** and near the lake. All meals are taken here. Meal Cards are required.

Daily Meal Schedule-Breakfast 7-7:45 AM, Lunch 11:45 AM-12:30 PM and Supper 4:45-5:30 PM.

NOTE: "All Campers, coaches and staff are required to follow the dinning hall rules below and do not forget to bring your food card to eat. Thanks. "

Cafeteria Rules:

Acceptable behavior while in dinning hall is required. No yelling, screaming, throwing food or other item or running is acceptable. All Campers must wear shirts (no sports bras or tank tops are allowed) in the dining hall; they can't wear cleats into the dinning hall and must have shoes or flip/flops on. Hats should be removed while dinning hall. Campers should put all training gear away in their dorm room before attending meals. No sports bottles allowed and

no drinks carried out. Do not to remove anything from the dining hall (plates, cups, etc.). Trays and other items used while eating must be cleared from the table before leaving. Do not stake your trays to a t point of overflow. Wait until kitchen staff is ready for more food trays. All you can eat and drink is available and encouraged. Hydration and nutrient is vital!

Training Room (941) 524-9129 Director Jada 'Turtle' Philips-Athletic Training Facility #215 on campus map- Open and closing times are 7:45-8:15 AM, 12:45-1:15 PM and 5:45-6:15.

Please be on time if you need treatment. During practice sessions and match trainer areas will be set-up on field locations and available as needed. If you are ill you need to share with your HS or Club coach and you need to come to the training room during the above times to see the Head Trainer Jason and his staff. If you are not able to come please have your roommate or coach share with Jason ASAP at the above phone number.

THE SOCCER SHOP- Will sell **'The Best PIZZAS in Town'**, and drinks, chips and candy. Hours are 5:45 - 6:30 PM and 9:00-10:30 PM. Pre-ordering and paying for Pizza is required by 9:00 AM and paid for when store is open. The "Lost and Found" will be located in **Gateway Hall Suites Dormitory.**

Training Session Times- All staffs, players and visiting coaches are to be at the MGC Soccer Practice Field by 8:45 AM for general camp announcements and to prepare to view a camp demonstration. The PM training session starts on the fields by 2:00 PM. Off campus bus leave the campus at 1:45 PM and campers, coaches and team coaches need to be on the bus at this time in Parking Lot 'W'. Training Session's times: 9:45 11:45 AM and 2:15 - 4:30 PM.

Soccer Fields are numbers as follows:

- Field 1 - MGC Practice Soccer Field 1
- Field 2 - MGC Practice Soccer Field 2
- Field 3 - MGC Stadium Soccer Field 1
- Field 4 - MGC Stadium Soccer Field 2
- Field 5 - Beckley High School Field 1
- Field 6 - Beckley High School Field 2
- Field 7 - Bleckley Practice Football Field

Weekly Soccer Tournament-Camp Matches start at 7:15 PM each evening and end by 8:45 PM. All matches are posted by supper each day in the Cafeteria. Know where your match is to be held. For off campus matches, Vans will carry players and coaches and will leave 45 minutes before your match starts from **Athletic Training Facility labels 'W' parking lot.** Team Warm-ups start sharp at 6:45 PM on your schedule field. Teams being scheduled for a 3 team matches series on one field will start their first match at 6:45 PM and warm-up starts at 6:15 PM. Players/coaching staff are to be on their scheduled game field 30 minutes before match starts. Buses will carry you to your field if off campus. Matches under light at the MGC Soccer Stadium will be posted and will be scheduled as a later evening match. You are required to be at the stadium 30 minutes in advanced of your match.

Campers Washing Clothing-Washing you clothing is available on each dorm area if needed. You need to bring you own laundry soap. Usage of these machines requires your swipe card to have paid cash on them and you would go to the business office in Georgia Hall on the first floor (go to the right) to pay down on your swipe card.

Campers on the Campus-Please follow camp schedule and these rules.

- All meals are required so be at them on time-including breakfast. Please do not come late.
- We use a buddy system for getting up for breakfast. Fine one and be with him or her at breakfast early!
- All training sessions, team warm-ups and matches are required so be on time.

- Good conduct on campus is required on and off the field at all times.
 - Simply respect other on the field, in the dining room and dorms.
 - Respect those in authority on the camp and campus. We are all guests at MGC.
 - You are not to be in another team mate's room unless invited.
 - You are not allowed to be in the room of another camper outside your team.
 - No females are to be in male dorms and no males are to be in female dorm at anytime during camp. This is the same for all dorms inside commons areas. You will be sent home if this happens with no questions asked.
 - Campers are not to go off the campus while on the camp for any reason.
 - No soccer balls to be used in the dorms and other building on the campus.
 - No running in buildings.
 - No yelling or screaming or loud music in dorms.
 - No profanity is allowed in camp.
 - Light outs & in your own room is required after evening social activities 10:30-11 PM.
 - Buildings not scheduled for your usage are off limits.
 - There is no driving of any vehicles on the campus by campers.
 - If you loose your dorm key you need to see Joel Banta. There is no replacement. You will have to rely on your room mate the rest of the week and loose your key deposit.
 - Meal cards if lost are only replaced for \$5.00 fee.
 - If you are locked out of your room, your room suite mate needs to help you.
 - No smoking, cursing, alcohol and drugs are allowed.
 - You will be removed from camp if you abuse these rules. A phone call to your parents will be made and you will have to prepare to leave the campus ASAP and no longer participate in training or match sessions.
 - NO SWIMMING IS ALLOWED. (We do not have insurance coverage)
 - When not sure use common sense, courtesy, respect for others and politeness.
- Thanks.

Campers Driving Cars-No Campers will be allowed to drive their car while at camp. Car keys will be turned into the Camp Director, Paul Banta, at 1:00 PM during Opening Ceremonies and returned at the check out.

Lightning Detection-Will be discussed by our head trainer and to be strictly followed by all staff, visiting coaches and campers. There will be a 30 minute waiting until training or matches re-start.

2009 Daily CCSC Camp Schedule

Day One of Camp

10:00 AM-Registration Starts / Room Assigned
 12:00 PM-Registration Ends Promptly
 1:00 PM-Camper/Coaches Orientation Meeting
 1:30 PM-Individual and Player Team Meetings at Auditorium
 2:00 PM-Tactic Demo-Entire Camp on Demo Field
 2:45 PM-Depart in buses for off campus fields parking lot W next to Athletic Offices
 3:00 PM-First Training Session
 5:30 PM-First Meal on Campus Starts
6:30 PM-Elite GK Academy Field Session – Introducing the Elite GK Program @ Athletic Training Facility Lecture Hall
 6:45 PM-Depart in buses for off campus fields parking lot W next to Athletic Offices
 7:00 PM-Team Warm-ups/Goalkeeper Warm-ups
 7:30 PM-Evaluation Matches/Goalkeeper Training or Match
 8:45 PM-Short Team Meeting
 9:30 PM-Evening Non-Soccer Bonding Activity Start
 10:30-11:00-Day Ends and Players in Rooms

Day Two through Four of Camp

6:45 AM-Wake Up
 7:00 AM-Breakfast (ends at 7:45 PM)

8:00 AM-Elite GK Academy Lecture/Training-Place TBA

8:30 AM-On Demo Field for Pro-Coaches Tactical Demo

9:30 AM-Depart in buses for off campus fields parking lot W next to Athletic Offices

9:45 AM-AM Training Sessions Start

11:00 AM-Tactical Scrimmages (as needed)

11:45 AM-Lunch Starts (ends at 12:30 PM)

1:00 PM-Elite GK Academy Players Lecture/Seminar

1:00 PM-University Recruiting Seminar @ Athletic Training Facility Lecture Hall on Day 3.

1:45 PM-Buses leave for off-campus fields

2:15 PM-Training Sessions

4:15 PM-Tactical Preparation for Evening Match as needed by your team coach

4:45 PM-Dinner (ends at 5:30)

6:00 PM-Elite GK Academy Field Session-Place TBA

6:45 PM-Buses leave for off-campus fields

7:00 PM-Team Warm-ups for Evening Matches

7:30 PM-Daily Tournament Matches

8:45 PM-Match Analysis

9:15 PM-Evening Camp Non-Soccer Leisure Activities

10:30-11:00-Day Ends in Dorms

Last Day of Camp

6:45 AM-Wake Up

7:00 AM-Breakfast

8:00 AM-Elite GK Academy Lecture/Training-Place TBA

8:30 AM-On Demo Field for Pro-Coaches Tactical Demo

9:30 AM-AM Training Sessions Start

11:45 AM-Final Meal

1:00 PM-Camp Closing and Award Ceremonies at Walker Hall Auditorium

1:45 PM-PM Training Sessions Match Warm up

2:30 PM-Final Match

4:30 PM-Check out of Camp

5:30 PM-All Campers must be picked-up and depart