

BATON ROUGE SOCCER CLUB

SUMMER

2023



Camp Handbook



Welcome Baton Rouge Soccer Club Camp Parents and Children:

We are excited that your child will be attending our Soccer Camp! The BRSC Soccer Camp is a safe, fun, and active environment where children are given an opportunity to exercise and develop their soccer skills and techniques.

Please read the following handbook, so you and your children are aware of the rules and policies of our camp program. After reading the handbook, if you have questions, comments, or concerns, please email Marvin Smith (msmith@brsoccer.org) or cell - 225-266-1395 or call the BRSC office 225-924-2157.

Thank you. We look forward to being a part of your lives this season.

BRSC Core Values

Commitment to Excellence - We commit to providing excellence in both soccer programming and customer service to our members and understand the impact and importance of our work to the community.

Innovation - We will constantly seek out new and innovative ways to improve our work and impact on our community.

Togetherness - We will form a cohesive unit that is supportive of others and works collectively to accomplish our goals.

Leadership - We strive to develop and become the leaders necessary to realize excellence. We establish bold visions and invest others in working towards them.

Respect - All members of the organization will show respect to each other, to community members, and to all physical spaces and property.

Camp Location

Our 2023 summer camp programming will be conducted at the **Premier Soccer Center and MSA-East Academy Soccer Fields**. This location change is necessary due to our Burbank Soccer Complex closure for maintenance and preparation to host the Southern Regional Championship Tournament. The Premier Indoor Center is located at **1550 Gordon Simons Leblanc Dr, St Gabriel, LA 70776**. The MSA-East Academy is located at **1400 Gordon Simons Leblanc Dr, St Gabriel, LA 70776**.(next to the indoor center).

Camp Sessions

Ages 5 – 14:

Full-day camp 9:00am – 4:00pm (Mon – Thurs), 9:00am – 12:00 (Friday)

Half-day camp 9:00am – 12:00pm

Advance Goalkeeper camp 9:00am – 4:00pm (Mon – Thurs), 9:00am – 12:00 (Friday)

Early drop-off/late pick-up 8:00am – 5:00pm (Mon – Thurs and 12:00 on Friday)

Ages 3 – 5:

Tiny tots 9:00am – 11:00am

*Campers must be fully potty-trained

*****PLEASE NOTE ALL CAMPS ENDS FRIDAY AT NOON. NO LATE PICK-UP ON FRIDAY *****

What to bring to camp

All personal items must be labeled with the camper's first initial and last name.

- Athletic shoes – cleats and indoor turf shoes or regular tennis shoes appropriate for camp location (no sandals or flip flops) Shin guards are **mandatory for all ages**
- Comfortable clothing 1 - 3 snacks
- Refillable water bottle – **mandatory** - water in coolers provided by the camp Sunscreen
- Backpack/sack pack/duffle bag for all items

A refillable water bottle is essential to a fun and healthy camp experience. BRSC will provide water coolers to replenish their water bottles. However, we will not provide any water bottles or cups. It is the responsibility of the parent or guardian to provide their children with water bottles.

Please be aware that your child will not be permitted into camp without a lunch (full day campers), shin guards, closed-toe shoes, and a water bottle.

DO NOT Bring to Camp:

Any uninvited items brought to camp will be confiscated and returned ONLY to the child's parent at check out.

Jewelry Electronics Toys

The ABCs of Camp

Absences

Please email msmith@brsoccer.org or call/text 225-266-1395 the Camp Director by 9:00am to notify camp staff if your camper will be absent. No refunds will be given for missed days.

Balls

An age-appropriate soccer ball will be provided to each camper at check-in on the first day of the camp session. The soccer ball will NOT be labeled with the camper's name, and we will require each camper to leave the soccer ball at camp each day. Each camper will take home a ball at the conclusion on the camp on Friday.

Bathroom Breaks

Camp staff will escort campers to and from the bathroom.

Bullying

Bullying is when one or more children (the bully/ies) targets a child (the victim) and a reasonable person would know that the bully's action will have the effect of physically or emotionally harming the victim, damaging their property or insulting/demeaning the victim. Please understand that there will be no refunds given for children who are suspended or whose session is terminated for behavior issues.

Camp Day

- Throughout the camp day/week, we will switch age groups between the indoor turf field and the outdoor field
- Campers will be grouped by age, ability, friend or parent request (depending on age)
- Tiny Tots: Activities focused on body mechanics, spatial awareness, and ball manipulation
- U6 & older – half-day: Speed ladders, attacking moves, dynamic stretching, circuits focusing on individual technique and tactics, scrimmaging
- U6 & older – Full day: half-day activities plus passing, possessing & penetration, dribbling to eliminate/beat an opponent, finishing, small-sided games, and full-field scrimmage
- Goalkeepers (GK camp only) – training specific to beginner to advanced goalkeepers and scrimmages

Camp Staff

The safety of your child is our #1 priority. All camp staff members are required to pass a background check prior to the start of camp. Camp Staff includes the Camp Director, Lead Instructors, Coaches, and Volunteer Staff.

Camper Conduct

All campers are expected to conduct themselves in a manner that is respectful to all persons and property. Bullying, stealing, vandalism, destruction of property, and any harmful or illegal activity will not be tolerated. Any camper who fails to be respectful or cooperative will be dismissed. The camper's parent will be asked to pick up the child immediately, and the child may not return for the remainder of the camp sessions. No refunds will be given for camp days missed during that session due to unacceptable camper conduct. If the camper is registered for future camp session(s), the parent should request a refund in writing to Hannah Gill - hgill@brsoccer.org.

Drop – off

Parents are required to park and walk their camper to the check-in located inside the **Premier Soccer Center lobby**. All campers must be checked in before proceeding to the fields. Late arriving campers must follow the same procedures and will not be allowed to join their group before being checked in.

Daily check-in begins at 8:30am. A camper may be enrolled in Early Drop-off/Late Pick-up if the parent requires drop-off between 8:00- 8:30am. Campers dropped off before 8:30am on any day will be assessed the Early Drop-off/Late Pick-up fee for the session.

Day 1: Bring the following completed and signed forms (see below):

- Sign In-Sign Out Sheet/Pick-up Authorization
- Medical History/Emergency Contact
- Water Day (pool) consent

Daily:

- Bring a Lunch (full day campers)
- Change of clothing (full day campers)
- Refillable water bottle
- 1-3 Snacks

Early Drop-off/Late Pick-up

Campers enrolled in Early Drop-off/Late Pick-up may be dropped off no earlier than 8:00am and picked up no later than 5:00pm. Beginning at 5:10pm, a late pick-up fee of \$1.00/minute will be assessed and must be paid at time of pick-up.

Injury/Illness

Parents will be notified if their child has not been feeling well for a period of time. Moderate injuries will be communicated to parents once proper first aid procedures have been followed. If the illness or injury occurs late in the session and is moderate, you may be notified at the end of the session. In case of severe injury, you will be contacted immediately.

Lunch

Lunch/beverage will **NOT** be provided for campers. Full day campers must bring a lunch. We also suggest each camper bring 1-3 snacks every day. There is no refrigeration or microwave available, so we suggest an ice pack, etc. with your child's lunch if you deem it necessary. Due to severe allergies, **no peanut products** are allowed.

A refillable water bottle is necessary for your child's hydration and safety. Water coolers will be provided.

Medical

Medication of any kind **MUST** be submitted to the Camp Director on the first day of camp and must be accompanied by a completed Medication Tracking Form. The sole purpose of this form is to track medication use while at camp. Please keep in mind camp staff members are not responsible for administering medications or telling campers when to take or not to take medications.

All medication must be self-administered by the camper. Staff will **NOT** administer medication. All medication will be stored in our athletic training room.

Inhalers: If your child requires an inhaler, you **must** note on the Medical History Form that your child is permitted to self-administer.

Pick-up

For the safety of all campers, parents (or any other listed persons) are required to park and proceed to the check-out area located inside the Premier Soccer Center lobby to pick up their camper. Any individual picking up a camper **MUST** present a photo ID and campers will only be released to those individuals listed on the Sign In/Sign Out Sheet submitted at the start of the camp session. Additions may be made to the Pick-up Authorization by the parent of record at morning drop-off or by email from the parent's email address on the camper's registration profile. All campers must be checked out (*signature required) before leaving the facility.

Daily check-out begins at 4:00pm. A camper may be enrolled in Early Drop-off/Late Pick-up if the parent requires pick-up after daily check-out. Campers picked up after 4:30pm on any day will be assessed the Early Drop-off/Late Pick-up fee for the session.

Sick child guidelines

It is BRSC's goal to provide a healthy environment for all campers and staff. Please refer to the Sick Child Guidelines at the end of this handbook when trying to decide if your child is fit to attend camp for the day.

Snack time

Each day there will be a morning snack time and an afternoon snack time. We encourage campers to pack 2-3 **snacks**, as we will take a couple brief snack breaks each day. Additionally, the concession stand will be open during our snack break periods and campers can bring cash to purchase snacks, such as chips, sports drinks, candy, etc.

Please note, ALL campers must bring a refillable water bottle for their hydration safety.

T-shirts

A BRSC Soccer Camp t-shirt will be provided to each camper. The camper is not required to wear the t-shirt to camp every day.

Weather

In case of inclement weather, all outdoor field activities will be suspended and our staff will move campers into the indoor facility.

****BRSC maintains the right to modify and/or add policies and procedures to this handbook throughout the camp season. Parents will be notified prior to any changes taking effect.****

Sick Child Guidelines

It is our goal to keep all children and staff at Baton Rouge Soccer Club Camp healthy. Ask yourself the following questions when deciding if your child should attend camp for the day.

Does the child's illness keep him/her from comfortably taking part in activities?

Does the sick child need more care than the staff can give without affecting the health and safety of other children?

Please keep your child at home or make appropriate child care arrangements if he/she has any of the following symptoms.

- A temperature of 100 degrees or higher in the past 24 hours
- Red or swollen eyes that itch, drain, or have a crusty appearance; pink eye
- Active vomiting/diarrhea in the past 24 hours
- Fever or chills
- Extreme tiredness and/or lack of appetite
- A cough, runny nose or sneezing that is severe enough to become disruptive to the day's activities
- Undiagnosed or unknown rash, untreated skin condition
- If antibiotic treatment is needed, your child should remain home for the first full 24 hours of medication
- Any other symptoms that would prevent a child from attending school

Please note that your child will be sent home if he/she is showing any of the above symptoms.

CAMP SCHEDULE & CURRICULUM

MONDAY – FRIDAY (Camp ends Friday at noon)

Camp Options:

Tiny Tots – 9:00am – 11:00am
Half Day – 9:00am – 12:00pm
Full Day - 9:00am – 4:00pm
Advance Goalkeepers 9:00am – 4:00pm

DAILY SCHEDULE:

Each morning after check-in we will have a very brief camp meeting before dispersing the campers to their assigned fields.

TINY TOTS:

9:00am – 10:40am.....ALL AGE APPROPRIATE ACTIVITIES FOCUSING ON BODY MECHANICS, SPACIAL AWARENESS AND BALL MANIPULATION.

UNDER 6 AND ABOVE:

Half Day - Morning

9:00am – 9:40am..... SPEED LADDERS, COEVER SERIES, ATTACKING MOVES, AND DYNAMIC STRETCH
9:45AM – 11:20am.....STATIONS/CURCITS FOCUSING ON INDIVIDUAL TECHNIQUE/TACTIC
11:30AM – 12:00pm SCRIMMAGE GAMES
12:00pm**CHECK/SIGN OUT**

Full Day - Afternoon

12:00pm-1:15pmLUNCH BREAK (provided)
1:20pm-1:40pmWARM UP
1:45pm-2:25pm..... LARGE CAMP GAME (capture the flag, doctor-doctor, etc.)
2:30pm-3:250pm.....SMALL-SIDED GAMES
3:30pm-4:00pm.....BIG FIELD SCRIMMAGE GAME BASED ON NUMBERS.
4:00pm..... **CHECK/SIGN OUT**

The Advance Goalkeepers will have an independent schedule during the week of goalkeeper camp.

WEEKLY SCHEDULE:

Monday morning..... DRIBBLING. Players will be exposed to a variety of activities that encompasses dribbling techniques and tactical application, which will improve their ability to penetrate off the dribble and maintain possession while being pressured by an opponent.

Monday afternoon LARGE CAMP GAME. DRIBBLING TO ELIMINATE/BEAT AN OPPONENT. Players will be exposed to a variety of activities that encompasses technical and tactical application when faced with 1v1 situations, which will improve their confidence, decisions and ability to eliminate an opponent on the dribble.

Tuesday morning..... PASSING AND RECIVING. Players will experience a very high volume of repetitions to improve passing and receiving technique with both feet and multiple playing surfaces.

Tuesday afternoon..... LARGE CAMP GAME. PASSING - POSSESSION AND PENETRATION. This environment will improve the player's tactical understand of where and when to make the pass.

Wednesday morning SHOOTING. Players will be exposed to a variety of activities which will promote an extremely high number of repetitions on the technique/mechanics of striking the ball (shooting).

Wednesday afternoon.....LARGE CAMP GAME. FINISHING. Players will be exposed to a variety of activities which will promote a high number of repetitions on the technique/mechanics of striking the ball (shooting) as well as the decision making (tactics) during game situations.

Thursday morning JUGGLING SERIES, CREATIVE LIFTS & SMALL-SIDED ACTIVITIES FINISHING ON BIG GOALS. Players will first work on juggling and ways to begin juggling (lifts) without the use of the hands. Players will then play games use the acquired skill sets and tactics from the previous training sessions to create scoring opportunities.

Thursday afternoon..... LARGE CAMP GAMES.

Friday morning SKILLS CHALLENGES AND SCRIMBLE SMALL-SIDED TOURNAMENT.

BRSC Camp Sign In/Sign Out Sheet

Camper Name _____ **Camp Session:** _____

(List all session dates)

Parents/Legal Guardians (Authorized to make decisions regarding camper's care. Must be 21 or older.) Emergency

Name _____ Email _____ Ph # _____ Contact

Name _____ Email _____ Ph # _____

Please list others who are authorized to pick up your child. Photo ID will be required.

	Name	Address	Age	Relationship	Ph #
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____

Below: For Camp Day use only

Date	Drop-Off Signature	Time In	Pick-Up Signature	Time Out	Comments
05/29/23					
05/30/23					
05/31/23					
06/01/23					
06/02/23					

*****PLEASE NOTE ALL CAMPS ENDS FRIDAY AT NOON. NO LATE PICK-UP ON FRIDAY *****

BRSC Camp Medical History/ Emergency Contact

Baton Rouge Soccer Club Camp, 12400 Burbank Drive, Baton Rouge, LA 70810

This form must be completed and received by BRSC prior to your participant's camp date. A new Medical History form must be submitted each camp year.

Camper Name _____ (Name Called) _____

Birth date _____ Age at camp _____ Gender _____ Camp Week: _____ Mother/Guardian
 Name _____ Father/Guardian Name _____
 Home Address _____
 Street City State Zip
 Home Phone _____ Daytime Phone _____ Cell Phone _____ Emergency Contact
 _____ Phone _____ If not available in an emergency, notify:
 Name _____ Relationship _____ Phone _____

Health History

The following information must be filled in by the parent/guardian. The intent of this information is to provide the BRSC Camp Director the background to provide appropriate care. Keep a copy of the completed form for your records. **Any changes to this form should be provided to the BRSC Camp Director upon participant's arrival in camp. Provide complete information so that the camp can be aware of your child's needs.**

Allergies List all known medical and food allergies. Only list food allergies if reactions are severe or fatal.

Reaction of allergy _____ Management of
 allergy (i.e., Epi-Pen) _____ **Special Diet** If your child requires a doctor prescribed diet, please indicate diet and reason
 below.

(Please attach sample menu or special food list.)

Does your child have an inhaler for asthma? _____ If yes, may your child self-administer? _____

Describe any of your child's current health conditions requiring medical attention, treatment, or special attention/considerations needed while at camp.

Parent/Guardian Authorization: This health history is correct and complete as far as I know. I agree to notify BRSC, and the Camp Director if any change occurs in my child's medical condition before arriving at camp. The person herein described has permission to engage in all camp activities except as noted above. I hereby give permission to the BRSC to provide routine health care and seek emergency medical treatment. I give permission to the BRSC to arrange necessary related transportation for my child. I agree to the release of any records necessary for insurance purposes. In the event I cannot be reached in an emergency, I hereby give permission to the medical staff selected by the BRSC to secure and administer treatment, including hospitalization for the person named above. I hereby waive and release Baton Rouge Soccer Club and its staff from any and all liability for any injury or illness incurred at camp.