

## **Below are important details for the Northfield Mt Hermon School Campsite.**

It is time to start getting ready for your camp session at NMH the week of July 14th - 18th. Registration is between 12:30 and 2pm on Sunday. When you arrive on Campus, please follow signs directing you to Overton Dorm where registration will take place and the campers will reside.

Be sure to have lunch before you arrive at camp. The first field session will be at 2:15pm followed by dinner, then the evening field session, snack bar and evening lecture...ending the first day about 10:30pm.

Commuters – Campers who are not staying overnight should arrive and check in closer to the 2pm mark and be dressed and ready for the 2:15 field session. Dinner will be the first meal. Each day thereafter report to the dorm by 9:00am and arrange to be picked up after the evening field session at 8:15pm, including the first day. If commuters so choose, they can attend the evening lectures and be picked up at 10:15pm...it is up to them and their parents. The evening lecture is not required for younger campers be they residents or commuters. Lunch and dinner will be provided daily. For security purposes parents of commuters will be required to sign in and out with the assigned coach. During the day, we will have a location in the dorm where our commuters can relax between sessions and store their belongings. Be sure to pack a bag that will hold a change of clothes, a water bottle, swimsuit and towel for swim.

Camper Rules - Campers will be given a copy of No. 1's Camper Rules during the first evening lecture. Camper rules are important to insure that a proper learning environment is maintained and accidents and injuries are minimized.

Last Day - The last day of the full camp week is Thursday, July 18th. Campers will come off the field at 11:15am and meet with their coach to discuss their 75-point evaluation. Parents and Campers must officially sign out. We try to have campers packed up as much as possible. On the last day of the last session, it is important that parents get to camp on time. Campers that have only signed up for half a week, will have the option to stay the full week.

Dorm Security - Please be advised that the dorms are locked and only staff will have access cards & keys that open the doors to the dormitory. While there is 24-hour security on campus, this added precaution is another step to maintain a high level of security in and around the dorm areas. Please note that the campers will not have keys to their individual rooms so we suggest to not bring anything of value to camp.

Camper Forms - The camper forms are extremely important. They must be completed and brought with you to registration...absence of the health form will deter your camper from participating at camp. You can download the forms from our website. If there are any significant medical situations that pertain to your child, please be sure to note such on the Health form. Each individual health form will be read by our camp athletic trainer and used as a source of information for all medical injuries. You may use a different medical examination form that has been completed within the last school year – simply complete the personal information on our form, name, contact, insurance information, with signature and attach your form to our camp form.

FYI – This section will give you general information about getting ready for camp – please read it carefully. In addition to soccer jerseys, tees, basic workout gear and soccer shoes – here is a short list of items that seem to be left at home. No.1 does not have any of these supplies available:

- ~Pack bed linens, pack towels, and shower supplies.
- ~Bring your own soccer ball
- ~Bring a bag that can be brought to the field to hold assorted items, water bottle, sunscreen, bug spray etc.
- ~A floor fan. The dorms are not air-conditioned.
- ~Bathing Suit. We do have access to an olympic sized swimming pool with a lifeguard on campus.
- ~Water bottle. We will have water at the field, cafeteria and in the dorms. A water bottle is necessary.

Evening Snacks - Campers may bring snacks and a drink supply to their dorm rooms. Each evening after the evening session, the staff will sell pizza, snacks and drinks at the snack bar. You can leave cash in the Camp Bank at check-in. Campers can withdraw cash during snack bar time. A good estimate of cash is about \$5 - \$10 per night.

Camper Cars - Any camper driving to camp on his or her own will be asked to hand in their car keys at registration...no one will be leaving camp for any reason.

Parent Visits - Parents may visit the campus at any time and we ask that they identify themselves to a staff coach so we could keep track of who is on campus watching our campers. Fathers should not be in the female dorm and vice versa for mothers (accept during check-in and check-out) unless it is cleared with one of our staff.

Cell Phones, etc. – Campers may bring cell phones to camp – there are no restrictions to campers calling parents etc. while at camp, but we do request they do not make or accept calls while they are on the field...there will be off-field time for this to be done. You must of course realize that No.1 cannot be responsible for any lost or stolen cell phones. Please do not bring laptops, TVs, etc. to camp...there will really be no time to use any of these. If you do so, please understand it is not our responsibility if anything happens to any of these or related items.

Roommate Requests – All roommate requests will be honored to the best of our ability. If for whatever reason, the roommate dynamics are not working out between campers – it is important that campers let staff know. If a camper is uncomfortable telling someone, then they should have their parents call. Things are sometimes simple to fix - we know how to do it.

Creating Groups - Campers will be placed in groups by age and then evaluated on the first day as to size and ability and also as the program progresses. Please know that the staff is very aware that friends come together and want to stay together in the same group. Groups and teams that signed up together will work together. As other groups are established, the staff really doesn't know which campers are friends and want to train together. Groups can be adjusted – friends can and should play together...that is part of the whole camp experience. If a camper does not feel right in his group for whatever reason, please let us know. PLEASE tell your camper to speak up – we want to hear what they have to say. Sometimes they need to call home and have their parents contact us for them...that's okay too.

Preparation is always a lot of forethought and planning - once your camper settles in and the program begins - everything will fall into place. Campers will work hard and have a great time doing it. We know the value of good training and we also realize that this is camp and kids need to have fun - we get both done.

If you have any questions or concerns, please feel free to contact me directly.

Thank you!

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