

# NOGA SOCCER – ACADEMY CAMP VITAL INFORMATION

At Hofstra University, Portledge School, St. Andrews School

This information is **VITAL** to your NOGA experience, please read through it carefully. Many of the questions that you may have regarding camp are answered right here.

**1. THANK YOU** - For choosing NOGA! With over 30 years of camp experience, we fully appreciate the concerns that a parent has in deciding who should be involved in the education of their children. If at any point you have a problem with any aspect of our programs or any of our staff, we want to know about it. Please call the NOGA office. During the summer we work an eighteen hour day, but be assured the director will get back to you as soon as is humanly possible.



## **2. ACADEMY CAMPERS TIME AND PLACE OF ARRIVAL -**

Day campers should arrive on the first day of camp at approximately 8:30 am and at 8:45 am on all other days. Resident campers can arrive anytime after 8:00 am on the first day. Once you reach the main entrance to the facility, our ever-friendly coaching staff will guide you. They can be spotted waving their arms frantically trying to direct wayward parents to the designated parking areas.

Once parked, yet another friendly coach will direct you towards the registration tables where you must check-in. Please have any payments and medical forms *fully* completed and ready to be handed in. When you have checked in, resident campers will be escorted to their rooms where they may settle their belongings and then join with day campers at the orientation area. The week begins with a brief orientation and the introduction of the coaching staff. Parents are most welcome to stay. At this time, you may pass on any pertinent information, concerning your child, to his/her coach for the week or pass on any medication to the camp nurse or athletic trainer.

**3. ACADEMY MINI-CAMPER INFORMATION** - Mini-Campers should arrive between 8:30 - 8:45am on the Monday of each session, and between 8:45 - 9:00am the rest of the week. Mini-Campers should be picked up at 12:00 noon promptly.

Mini-Campers should bring a light snack and a cold drink. Throughout the week, we will run a number of special Mini-Camp events, such as Hat Day or Picture Day; you will be given an information letter with a list of these activities at registration. The last day of Mini-Camp is Friday.



**4. DAY CAMPER INFORMATION** - Once you have checked in, Day campers will be taken to the orientation area. Day Campers will need a bag to carry their extra soccer equipment, as lockers are not available at all sites. Please make sure you check either the NOGA Soccer brochure or [www.NOGASoccer.com](http://www.NOGASoccer.com) to see whether the camp you are attending provides lunch or not.

**5. CAMPER PICK-UP** - The time of departure for all day camps is either 3:00pm or 4:00pm – your camp brochure or the NOGA website can confirm which time applies to your camp. Campers depart from a central pick-up area at each campus. Again, coaches will direct you to the designated parking areas and will direct all traffic through the campus. You **MUST** come from your car to collect your child. For safety reasons, **NO** camper will be allowed to walk to the car alone.

**6. DAY CAMPER PACKING LIST** - It is suggested that Day Campers bring the following items each day:

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|--|--|--|
| <input type="checkbox"/> Cleats and sneakers                 | <input type="checkbox"/> Extra set of sports clothes           | <input type="checkbox"/> Small change for snacks |
| <input type="checkbox"/> A towel                             | <input type="checkbox"/> Shin guards                           | <input type="checkbox"/> Sunscreen               |
| <input type="checkbox"/> Bathing suit                        | <input type="checkbox"/> Cold drinks in water bottle or cooler | <input type="checkbox"/> Mosquito repellent      |
| <input type="checkbox"/> Windbreaker or rain jacket (if wet) |  |  |

**7. RESIDENT CAMPER INFORMATION** - Resident campers should pack the following items:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 10 sets of shorts & Tee/soccer shirts | <input type="checkbox"/> 1 warm-up               | <input type="checkbox"/> Sunscreen & repellent     |
| <input type="checkbox"/> 10 pairs of athletic socks            | <input type="checkbox"/> 10 pairs of underwear   | <input type="checkbox"/> Quiet games               |
| <input type="checkbox"/> Water bottle or cooler                | <input type="checkbox"/> 2 Bathing suits         | <input type="checkbox"/> Shin guards               |
| <input type="checkbox"/> 1 Pair of sneakers and cleats         | <input type="checkbox"/> 1 Pair pajamas          | <input type="checkbox"/> 2 towels                  |
| <input type="checkbox"/> 1 Warm jacket or windbreaker          | <input type="checkbox"/> 1 pillow & pillow case  | <input type="checkbox"/> Casual clothes            |
| <input type="checkbox"/> 2 Sheets, 1 blanket or sleeping bag   | <input type="checkbox"/> Money for pizza, snacks | <input type="checkbox"/> Toothpaste, soap, shampoo |

**8. RESIDENT CAMP EXTRAS** - Resident campers may bring a fan to camp. However, parents assume full responsibility. Please note that the dormitory main entrances will be locked when not in use, **BUT** fire regulations prevent the locking of individual rooms. **Campers should NOT bring valuable items with them.** All money should be held by the camper's coach. The camp is not responsible for lost items or money.

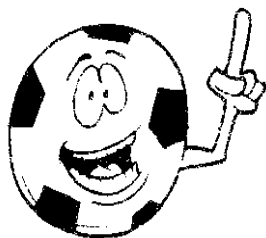
**9. RESIDENT PARENTS' VISITS** - Parents and friends may visit overnight campers on Wednesday evening to observe our night program from 6:00pm-8:00pm. More information will be given at Camper Orientation.



**10. BIRTHDAYS** - If a resident camper's birthday falls during his/her week at camp, please let us know at registration so that we may honor the occasion in the traditional NOGA way.

**11. PHONE CALLS** - Residents are allowed to have cell phones and make telephone calls in the evenings, but please be aware all resident campers will be participating in our evening activity programs that take place from 7.30pm-9.30pm. Living away from home is a learning experience and your son/daughter will only grow into independence if calls are kept to a minimum.

**12. HOMESICKNESS** - Younger children can be understandably anxious about sleeping away from Mom and Dad. However, because of the caring and friendly atmosphere we create, we experience very few problems. However, if your child does get homesick, we ask for your support. Please prepare your child for their camp experience. Our experience shows that a parent who can be understanding, yet firm, when faced with homesickness, will help their child to blossom and mature from the whole experience and prevent future problems.



**13. MEDICAL STAFF** - All Residential camps have a nurse on staff 24 hours per day. Day Camps have a nurse or certified athletic trainer and many camps have both. The staff responsible for medical care must hold any medications presently prescribed to your son or daughter. Please send such medication with a doctor's order so that it may be dispensed correctly. The coaching and medical staff monitors every injury however minor. Even so, some players love camp so much they attempt to "hide" injuries so that they may continue to play. Parents are seldom fooled. If you gain any indication from a visit or a telephone call that your child is more injured or ill than they may appear, please inform the staff.

**14. MEDICAL FORM** - It is a State Health requirement that you submit to the camp a copy of a confidential medical form WITH IMMUNIZATION DATES before the camper enters the camp. If the camper does not have to have a medical examination and you can send us a copy of a RECENT (within last year) school medical form as long as it includes immunization dates. YES you can bring the form to us at registration.

**15. HERE COMES THE SUN** – Summer at NOGA is a glorious time with soccer excitement fun...and of course sun. As many of our staff find to their cost, the excitement of camp and the balmy breeze across a soccer field can allow sunburn to sneak up on you. Please make sure that your child comes to camp with adequate sun protection for the nature of their skin. This is an essential packing item for ALL players and although they may fight against it, young day campers should be liberally covered before they leave you each morning and carry lotion with them.

**16. NEW CLEATS OR SNEAKERS** - To state the obvious - the ground is very hard in summer and children's feet grow quickly. It is likely that by the summer, your offspring will need new sneakers or cleats. Please try to think ahead and do not replace cleats or sneakers the day before camp is due to start. It is then likely that your child will face a week of painful blisters, as they try to break in their new footwear on the hard ground. Please check your child's old cleats a few weeks before camp. Then, if you do have to replace them, they will have time to break them in. If all else fails, advise them to use the old pro-player trick of dabbing the outside of their socks with Vaseline; it ruins the socks - but saves the feet. You're right; we do try to think of everything.

**17. TIPPING** - We are often asked if we allow tipping. Tipping is, of course, at your own discretion.

**18. PARENTS ARE WELCOME** - We feel that it is important that parents are involved in their child's camp experience. To this end, we would like to extend an invitation for you to attend a number of events during the week. Firstly, you are most welcome to attend the "Meet the Coaches Orientation" at 9:00am on Monday mornings. Resident camper's parents may also join us for Parents Evening on Wednesday which kicks-off at 6.00 pm.

On Friday afternoon, we would like to invite the whole family to our "**Show Afternoon**" which starts at 2 pm and includes a look at the soccer coaching, the presentation of awards, the final championship play-off games, a presentation of evaluations and farewells. The day finishes at around 4 pm. You will receive a letter on the first day of your camp giving you all the details of the "Show Afternoon".



Thank you once again for choosing NOGA for your child's soccer camp experience! We very much look forward to seeing you this summer. If you have any questions or problems concerning the camp, or just need someone to talk to, please DO NOT HESITATE to call our office on 1-800-422-6778.

**For more information regarding any of our NOGA Academies, visit us at [www.NOGASoccer.com](http://www.NOGASoccer.com)**

Academy Camps at Hofstra University and Portledge School are required to be permitted to operate by the Nassau County Department of Health. Our camps are required to be inspected twice yearly.

## HOW TO FIND YOUR NOGA CAMP

### **HOFSTRA UNIVERSITY, UNIONDALE, NY (800) 422-6778**

**From Eastern Long Island:** Take the L.I.E. west to the Northern State Parkway (also west,) then take the Meadowbrook Parkway South to Exit M4 - Hempstead Turnpike follow this west to the main Hofstra entrance where you turn right into Hofstra carry straight on and then head diagonally right at the first junction across the car park to the back edge of the Varsity soccer field where check in will take place. If it is raining registration will take place in the Gymnasium.

**From Western Long Island:** Take the Belt Parkway, east to the Southern State Parkway, (also east). At the Meadowbrook Parkway, go north (Exit 22) to Hempstead Turnpike West (exit M4) continue to the main Hofstra entrance. Turn right into Hofstra, and then follow as above.

### **PORTLEDGE SCHOOL, LOCUST VALLEY, NY (800) 422-6778**

**From the East:** Take the LIE to exit 41 North onto Rt.107 North. Immediately after crossing 25A turn right onto Hegemans Lane. Go to end. Turn right onto Chicken Valley Rd. At first light, turn left onto Piping Rock Rd. At light, turn right onto Duck Pond Rd. Portledge School is 4/10ths of a mile on the left. **From the West:** Take the LIE to exit 39 North onto Glen Cove Rd. North. Turn right onto 25A. Pass CW Post College. Turn left onto Rt. 107. Immediately turn right onto Hegemans Lane. Go to end. Turn right onto Chicken Valley Rd. At first light, turn left onto Piping Rock Rd. At light, turn right onto Duck Pond Rd. Portledge School is 4/10ths of a mile on the left.

### **ST. ANDREWS SCHOOL, BARRINGTON, RI (800) 422-6778**

**From the North:** Take Route 95 to exit 20 (East Providence - Cape Cod) Take Route 195 to Exit 7 (Barrington - Seekonk). Then follow Route 114 Barrington for five miles to a traffic light (river and White Church on the left). Then turn right onto Federal Road and St. Andrew's School is located 1/4 mile on the right.

**From the South:** Take Route 95 to the exit marked East Providence - 195. Then follow directions as above.