



Cal South Pro+ Residential Soccer Academy Guide



Dear Cal South Parent and Camper,

Summer is upon us and the Cal South Pro+ ODP Camps are just around the corner. We look forward to meeting you for another successful camp full of fun, friendship and soccer!

Camp Director Steve Hoffman shoffman@calsouth.com 805-331-1522

Camp Administer Kathy Hoffman khoffman@calsouth.com 714-715 2528

**The Thacher School
5025 Thatcher Road, Ojai CA 93023**

Driving Directions

From The East:

Take Hwy 150 (Ojai Ave) to Reeves Road (turn right at Boccali's Pizza).
On Reeves, take the second left at MC Andrew Road.
MC Andrew will take you to the Thacher School gates straight ahead.

From The North, South and West:

Take Hwy 101 to Hwy 33.
Take Hwy 33 into town.
Hwy 33 runs into Hwy 150 (signs say Ojai Ave in town).
Follow Hwy 150 until Reeves Road.
Take the left part of the fork in the road at Reeves Road (Boccali's Pizza is in the middle).
On Reeves, take the second left at MC Andrews Road.
MC Andrew will take you to the Thacher School gates straight ahead.

Parking is to the right as you pull in through the gates.
Please leave your car parked in that location at all times.
Parents and Campers will meet at the Auditorium
Bring campers bag and leave it outside of the Auditorium
After the Meeting the camper will follow the Dorm Parent back to their dorm.
Do not change rooms any changes will happen after the last session.

First Day Parent /Camper Orientation 9:30am.

Final Day Games at 2:00pm (Closing Ceremonies 3:45pm.)

*****BRING THIS FORM COMPLETED TO CAMP ON THE FIRST DAY*****

**Cal South Pro+ ODP Camps
Medical History /Consent and Insurance Information Form**

Campers Name: _____ Gender: _____ Date of Birth: _____

Name of Parents/Guardians: _____

Home Address: _____
Number/Street City State Zip

Cell Phone Numbers: _____ or _____

If unable to reach Parents/Guardians in an emergency, Please notify:

1. _____ Phone: _____ Relationship: _____

2. _____ Phone: _____ Relationship: _____

Health Insurance Co: _____ Name of Member: _____

Policy Number: _____ Group# _____

Primary Physician: _____ Phone #: _____

HEALTH HISTORY

Has/Dose the camper: _____ If "yes" please explain

1. have a current injury/illness/infectious disease? _____

2. have a chronic or recurring illness or condition? _____

3. ever been hospitalizes? _____

4. ever had seizures or convulsions? _____

5. have diabetes? _____

6. have asthma? _____

7. have allergies? _____

8. have a special diet? _____

Medications Currently being Taken:(include both over-the-counter and prescription medications)

This Camper takes NO medication on a routine basis.

This Camper takes medication as follows:

Med#1: _____ Specific times taken: _____

Reason for taking: _____ Dosage: _____

Med#2: _____ Specific times taken: _____

Reason for taking: _____ Dosage: _____

Parent/ Guardian Authorization

This information stated above is correct as far as I know, and the individual as herein described as “camper” has permission to participate in all camp activities. I hereby give permission to the medical personnel selected by Cal South Pro+ ODP Staff to order x-rays, routine tests, treatment, and necessary transportation for the above named camper in the event that I cannot be reached in an emergency. I hereby grant permission to the medical personnel selected by Cal South Pro+ ODP Staff to secure and administer treatment including hospitalization for the above named camper. I FURTHER UNDERSTAND THAT IF I DO NOT HAVE MEDICAL INSURANCE, CALSOUTH’S COVERAGE BECOMES YOUR PRIMARY INSURANCE WHILE AT CAMP, I WILL BE RESPONSIBLE FOR ANY OTHER MEDICAL COSTS INCURRED.

PARENT/GUARDIAN SIGNATURE

SIGNATURE _____ DATE _____

BRING THIS COMPLETED FORM ALONG WITH A PHOTO COPY OF YOUR MEDICAL INSURANCE CARD TO THE FIRST DAY OF CAMP.



*****BRING THIS FORM COMPLETED TO THE FIRST DAY OF CAMP*****

PRO+ ODP Camp Code of Conduct

You are expected to follow the Code of Conduct listed here and those at the camp facilities.

Failure to follow the rules will result in your removal and dismissal from camp at your parents expense.

1. **Remain at the camp ,Players are not allowed to leave camp with their parents and come back**
2. **Do not change rooms or visit another dorm unless approved by Camp Staff.**
3. **Be responsible for your own behavior and for knowing the camp schedule.**
4. Never leave a group activity alone; always ask to take a buddy.
5. **Treat others with respect. Do not damage/remove any other camper's property. Do not enter another player's room during his/her absence. Respect the privacy and sleep time of others.**
6. **Be on time for all meals, training sessions and meetings.**
7. All cellphones must be handed in after the last field session ends at 8:15 p.m. each night. Cell phones will be handed back at wake up the following day. Usage of cell phones will only be allowed during free time . **NO CELL PHONES WILL BE ALLOWED AT THE FIELDS OR GYM.**
8. Curfew times are as follows:10:00 p.m. in room, 10:15 p.m. lights out unless staff changes for an activity. **Do not Break curfew.**
9. **Keep your room and personal belongings in order and always clean up after yourself.**
10. **After meals, please take your plates, glasses, knives and forks to the washing area.**
11. **Please report all injuries to our Athletic Trainer. If you feel sick you should talk to your Dorm Staff so they can get the appropriate help.**
12. **Do not wear cleats, bounce balls, or play ball games in any buildings. Soccer balls are only allowed on fields and must be in your bag the rest of the time.**
13. **Do not change or remove any sign while at camp.**
14. **Dress appropriately always pajamas, boxers, etc., are not allowed outside of Dorm rooms.**

You must wear shoes always except in your dorm room.

15. **Parents are welcome to observe their child at the soccer field during the final game on the last day.**
16. **Under no circumstances may parents visit the Dorms or Cafeteria.**
17. **Please be careful where you are walking on campus . Stay on concrete/cement sidewalks.**
18. **If parents need to bring anything to the player during camp they must give it to the Dorm Staff and contact before they come on campus.**
19. **Do not park anywhere other than the parking lot to the right when you pull in to the campus.**
20. **Players do not need money at camp. If they do bring it, keep it to small bills and no more than \$20.00.**
21. **If a camper leaves camp to return home due to being home sick Cal South will not issue any type of refund.**
22. **I understand that players will move dorms if needed on the first night of camp no sooner. With approval of(Cal South Staff Only)**
23. **Anything broken by your child will result in you paying to fix the item or replace it.**
24. **Any injuries within 8 weeks prior to camp must be noted specifically, Concussions, broken bones, ligament/cartilage problems , or surgeries. Please see Cal South Athletic Trainer**

PARENTS ARE NOT ALLOWED IN THE DORMS OR CAFETERIA AT ANY TIME

I understand and agree to abide by the rules of camp conduct stated above.

Campers Name: _____

Parent's Signature: _____

Parent's Signature; _____

CLOTHING AND EQUIPMENT LIST

Soccer Ball (mandatory)	Sunscreen (mandatory)
Shin Guards (mandatory)	Bug Spray (mandatory)
Cleats	Comb/Brush
Keeper Gear	Shampoo/Conditioner
Soccer Bag	Deodorant
Tennis Shoes (mandatory)	Toothbrush/Toothpaste
Sandals	Feminine Supplies
Warm-up	Towels
Soccer socks	Pillow
Soccer shorts	Water Bottle (mandatory)
T-Shirts	Electrical Fan (mandatory)
Swimsuit	Shower shoes / flip flops
Sleepwear	Notepad / pen or pencil
Sweatpants	Over-the-counter pain relief
Light Jacket / Sweatshirt	Inhaler (for Asthmatics)
Sleeping bag or sheets /blanket (mandatory)	



RESIDENTIAL YOUTH ACADEMY AND GK & FINISHING SCHEDULE

*******SUBJECT TO CHANGE *******

7:00 a.m. - 8:00 a.m.	Breakfast (cell phones handed out for the day)	Cafeteria
8:00 a.m. - 8:50 a.m.	Get ready for field session	Dorms
8:50a.m.	Meet outside of dorm for field session	
9:00 a.m. - 11 :00 a.m.	Field Session	Fields
11 :00 a.m. - 12:00 p.m.	Downtime	Dorms
12:00 p.m. -1:00 p.m.	Lunch	Cafeteria
1 :00 p.m. - 2:30 p.m.	Free time	Pool/Rec Room/Dorm
2:50 p.m.	Meet outside of dorm for field session	
3:00 p.m. - 4:45 p.m.	Field Session	Fields
5:00 p.m. - 6:00 p.m.	Dinner	Cafeteria
6:30 p.m.- 8:15 p.m.	Field Session	Fields
8:30 p.m.- 8:45 p.m.	Snacks (cell phones collected for the night)	Cafeteria
8:45 p.m. - 9:30 p.m.	Day 1-2 Lecture/ day 3 Talent Show	Auditorium
10:00 p.m.	Curfew	In Room
10:15 p.m.	Lights out/Room check	In Room

FINAL DAY OF CAMP

7:00 a.m. - 8:00 a.m.	Breakfast	Cafeteria
8:45 a.m.	Meet to leave for fields	
9:00 a.m. - 10:30 a.m.	Street soccer	Fields
10:30 a.m. -12:00 p.m.	Evaluations	
12:00 p.m. -1 :00 p.m.	Lunch	Cafeteria
1 :00 p.m. - 1 :45 p.m.	Free time/ Move bags	
2:00 p.m. - 3:00 p.m.	Final games	Fields
3:00 p.m. - 3:45 p.m.	Closing ceremonies	Auditorium

*****CELL PHONE USAGE IS LIMITED TO FREE**

