



## FREQUENTLY ASKED QUESTIONS (FAQ'S)

### **Why should players attend these camps?**

The Chill camps offer the most popular camps in the area. Established in 1990, there are over 300 kids that register on an annual basis. The camps are very unique, they offer boys and girls an opportunity to learn and develop soccer skills while having FUN! We have combined Professionals, licensed coaches and outstanding college players to form our staff. The camps are challenging, involve active play, and most of all, an educational experience.

### **What if it rains?**

You should plan on arriving for our outdoor Summer Camps as usual. A staff member will notify you that morning of any adjustments. We have never cancelled a day camp yet. Chapples Soccer Park has shelter for the player's so we will move inside if needed. Camp instructors will engage in soccer related games and videos.

### **Should I bring a lunch?**

All summer camps require that players bring a lunch and plenty of fluids. All participants should bring a water bottle each day and our staff will also provide fresh water in our Pepsi Coolers for refills. Occasionally we treat the players with Gatorade thanks to our Pepsi Sponsor. Players in the morning session are also allowed to bring their lunches.

### **What do I wear to the camp?**

All participants should bring shoes, socks, shorts, camp shirt provided, hat, jacket, and sweat pants. Sun screen is also recommended and dress comfortably. Shin guards are also recommended but not mandatory. A hat or ball cap is also allowed in the camps.

### **What time do I show up at camp?**

Our instructors will be on site at 8:30am each day. The camp will begin at 9:00am; however, parents who need to get to work can drop off as early as 8:30am. Camp ends at 3:00pm daily, however, pick up must be by 3:30pm. Ask us about our stay later program until 4:00pm. Please try not to be late, as our players need to get to their own practice session. Parents/Players will have a sign in and out sheet so that we keep an accurate account of all our campers. Lunch is between Noon and 1:00pm, so any parents taking their kids for lunch must sign in and out.

### **Are there certain times I should attend and watch my child participate in any events?**

You can attend anytime on any day. Take a late lunch and come to the park and watch your child have a blast. The instructors will also inform you that Friday is World Cup Finale, which is always fun to watch. The Chill team likes to use these games to gear them up for weekend league games.

## *Typical Camp Routine*

- 8:30am – 9:00am – Check in – Please sign the attendance sheet when dropping off.  
9:00am – 9:25am – Break up into groups – Warm up – with/without the ball.  
9:25am – 9:30am – Water Break  
9:30am – 10:00am – Foot skills and freestyle tricks  
10:00am – 10:15am – Snack and water break  
10:15am – 11:00am – Technical session – emphasis on fundamentals of soccer  
(passing, dribbling, shooting defending)  
11:00am – 11:10am – Water break  
11:10am – 12:00pm – Instructional session of fundamentals in game scenarios  
(small-sided games, drills with restrictions, etc....)  
12:00pm – 12:45pm - **LUNCH**  
1:00pm – 2:00pm – Team orientated shooting games  
(power finesse, penalty shootout, 1v1's, 2v2's, etc....)  
2:00pm – 2:10pm – Snack and water break  
2:10pm – 3:00pm – Camper's Scrimmage  
3:00pm – 3:30pm – Check out – Please sign out