



2010

**OFFICIAL RESIDENTIAL
ACADEMY GUIDE**



May 27, 2010



Dear Cal South Camper and Parent,

Summer is upon us, and the 2010 Cal South ODP Camp is just around the corner. We look forward to meeting you for another successful camp full of fun, friendship and soccer. Please remember that we do not accept requests for roommates as all players are placed by year of birth.

Enclosed in this packet you will find the following:

- **Player Medical Release & Questionnaire ***
- **Self-Administration of Medication Consent Form (if applicable)***
- **Copy of Medical Insurance Card***
- **ODP Camp Code of Conduct***
- **Clothing & Equipment List**
- **ODP Camp Schedule**
- **Directions to the Camp**

***Please complete all enclosed forms and bring them with you to the first day of your camp.
For questions, please contact Raicheal Sutherland | odpcamps@calsouth.com | 714.451.1548.**

Girls Camp

Saturday, June 26, 2010: Camper's check-in from 3:00 p.m. – 4:00 p.m. Parent Orientation following check-in
Wednesday, June 30, 2010: Final games begin at 10:45 a.m. Closing ceremony 12:00 p.m.

Boys Camp

Friday, July 2, 2010: Camper's check-in from 3:00 p.m. – 4:00 p.m. Parent Orientation following check-in
Tuesday, July 6, 2010: Final games begin at 10:45 a.m. Closing ceremony 12:00 p.m.

Finishing and Goalkeeping Camp

Thursday, July 8, 2010: Camper's check-in from 3:00 p.m. – 4:00 p.m. Parent Orientation following check-in.
Sunday, July 11, 2010: Final games begin at 8:00 a.m. Closing ceremony 10:00 a.m.

Players arriving after 7:00 p.m. must wait until the following day to check in.

Emergency Phone Numbers & Contact Information

Camp Director: Steve Hoffman 805.331.1522 (cell) Kathy Hoffman 714.715.2528 (cell)

Daytime Office Contact: Raicheal Sutherland 714.451.1548 or email: odpcamps@calsouth.com

Camp Mailing Address: Camper's Name c/o Thacher School, 5025 Thacher Road, Ojai, CA 93023

PLAYER MEDICAL RELEASE AND QUESTIONNAIRE

Player's Name: _____ Date of Birth: _____

Address: _____ City: _____ Zip: _____

Mother's Name: _____ Phone #: _____

Father's Name: _____ Phone #: _____

Emergency Contact Information

In the event of an emergency, if you cannot be reached, please list a cell phone number and name of a person we can contact on your behalf.

Name: _____ Phone #: _____

Please list any medical conditions of which we should be aware, such as:

Allergies to medication, insect bites, food, etc.: _____

Does your child have asthma? Yes [] No []

Please list the date of your child's last tetanus shot: _____

Is your child recovering from surgery or any other injury that would not allow him/her to participate in strenuous activities while at the Cal South ODP camp? Yes [] No [] If yes, please provide a brief description of injury/condition. If you need more space, please use reverse side of form or attach another sheet:

Medical and/or Hospital Contact: _____ Phone #: _____

INSURANCE INFORMATION

If insured, complete the insurance section below, and it is mandatory that you attach a copy of your insurance card to your completed form. If you do not have a primary insurance provider, Cal South's coverage becomes your primary insurance while at camp. For more information, please go to www.calsouth.com/insurance.

Is your child covered by insurance? Yes [] No []

Insurance Company's Name: _____

Policyholder's Name: _____

Policy Number: _____

The questions above have been answered completely and truthfully to the best of my knowledge.

Parent Signature: _____ Date: _____

Bring this completed form along with a copy of your medical insurance card to the first day of camp.

Raicheal Sutherland | odpcamps@calsouth.com | 714.451.1548



SELF-ADMINISTRATION OF MEDICATIONS CONSENT FORM

My child requires medications during ODP Camp. I will explain to my child the process and importance of self-administering medications while supervised by ODP staff. I understand and agree to the following terms and expectations:

1. Prescription medication must be delivered to ODP staff in original containers prepared by a pharmacist and include patient name, dosage, and time to be given. Only send the amount needed based on ODP Camp length.
2. All medication must be accompanied by this completed and signed consent form.
3. Children are not allowed to keep any prescription medications with them.
4. Parents must pick up all medications at the end of ODP Camp and deliver medications to the appropriate staff during subsequent camps. Medications that are not picked up at the end of camp will be discarded after two weeks.
5. ODP staff cannot force my child to take medications and can only facilitate the self-administration process. ODP staff is not liable if my child refuses to self-administer medications while supervised by ODP staff. If my child refuses to self-administer medications, while supervised by ODP staff, ODP staff will phone me.

I ATTEST THE FOLLOWING MEDICAL DISCLOSURE IS TRUTHFUL AND COMPLETE, AND I AUTHORIZE ODP STAFF TO ASSIST MY CHILD WITH SELF-ADMINISTRATION OF THE FOLLOWING MEDICATIONS:

Medication Name: _____ Prescription? Yes [] No []

Dosage and Schedule: _____

What condition does this medication treat? _____

What are the symptoms of this condition? _____

What side effects are or may be experienced from this medication? _____

If your child refuses to take the above medication, what will your child experience?

Should ODP staff know anything else about the above medication or your child's self-administration of this substance? _____

Parent/Guardian: _____

Signature: _____

Phone #: _____ **Date:** _____

Bring this completed form along with a copy of your medical insurance card to the first day of camp.

Raicheal Sutherland | odpcamps@calssouth.com | 714.451.1548

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 parent's expense.

1. Remain at the camp at all times.
2. Follow the code of conduct in all matters.
3. Do not change rooms or visit another dorm unless approved by camp director.
4. Be responsible for your own behavior and for knowing the camp schedule.
5. Never leave a group activity alone; always ask to take a buddy.
6. Treat others with respect do not damage or remove or any other camper's property. Do not enter another player's room during his/her absence. Respect the privacy and sleep time of others.
7. Be on time for all meals, training sessions and meetings.
8. All cell phones must be turned of by 9:00 p.m. each night. Usage of cell phones will only be allowed during free time.
9. Curfew times are as follows: 10:00 p.m. in room, 10:30 p.m. lights out unless staff changes for an activity. **Please do not break curfew.**
10. Keep your room and personal belongings in order and always clean up after yourself.
11. After meals please take your plates, glasses, knives and forks to the washing area.
12. Please report all injuries to our athletic trainer. If you feel sick you should talk to your dorm mom so she can get the appropriate help.
13. Do not wear cleats, bounce balls, or play ball games in any buildings.
14. Do not change or remove any sign while at camp.
15. Dress appropriately at all times; pajamas, boxers, etc., are not allowed outside of dorm rooms.
16. Parents are welcome to observe their child at the soccer field while playing or in training sessions only.
17. Under no circumstances may parents visit the dorms or cafeteria without the express permission of the director.
18. A camper sent home for breaking rules will not receive any form of refund

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.

Camper's Name: _____

Parent's Name: _____

Parent's Signature: _____

Bring this completed form along with a copy of your medical insurance card to the first day of camp.

Raicheal Sutherland | odpcamps@calssouth.com | 714.451.1548

CLOTHING AND EQUIPMENT LIST

The following is a guideline for what to bring to camp. Use this as a checklist for what to bring as well as what you should be taking home with you when camp ends.

Soccer Equipment

- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> Soccer Ball (mandatory) | <input type="checkbox"/> Warm-ups | <input type="checkbox"/> Keeper Gear |
| <input type="checkbox"/> Shin Guards (mandatory) | <input type="checkbox"/> Tennis Shoes | <input type="checkbox"/> Equipment Bag |
| <input type="checkbox"/> T-Shirts | <input type="checkbox"/> Cleats | |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Socks | |

Clothing Items

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> Suntan lotion (mandatory) | <input type="checkbox"/> Jeans/pants | <input type="checkbox"/> Sleepwear |
| <input type="checkbox"/> Swimwear (mandatory) | <input type="checkbox"/> Shirts | <input type="checkbox"/> Hat or visor |
| <input type="checkbox"/> Light Jacket | <input type="checkbox"/> Shoes/Sandals | |

Toiletries

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> Comb/Brush | <input type="checkbox"/> Shampoo/Conditioner | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Shower Shoes | <input type="checkbox"/> Toothbrush/paste | <input type="checkbox"/> Towels |
| <input type="checkbox"/> Laundry Bag | <input type="checkbox"/> Hair Dryer | <input type="checkbox"/> Feminine Supplies |

Miscellaneous Items

- | | | |
|---|---|--|
| <input type="checkbox"/> Water bottle (mandatory) | <input type="checkbox"/> Sleeping bag [or sheets/blankets] & pillow (mandatory) | |
| <input type="checkbox"/> Electrical Fan (mandatory) | <input type="checkbox"/> Phone Numbers | <input type="checkbox"/> Pen/Pencil |
| <input type="checkbox"/> Alarm Clock | <input type="checkbox"/> Small 3-Ring Binder | <input type="checkbox"/> Stationary/Stamps |
| <input type="checkbox"/> Hangers (optional) | | |

Medical Supplies

All Medication will be distributed in the main activity room at the following times: 8:15 a.m., 11:15 a.m., and 5:45 p.m. Prescribed medication will only be given if accompanied by a parental permission slip authorizing staff to administer medication.

- | | | |
|--|---|---|
| <input type="checkbox"/> Sunscreen (mandatory) | <input type="checkbox"/> Lip Balm | <input type="checkbox"/> Mosquito Repellant |
| <input type="checkbox"/> Tape (for routine taping) | <input type="checkbox"/> Inhaler (for asthmatics) | <input type="checkbox"/> Over the Counter Pain Relief |



2010 BOYS & GIRLS RESIDENTIAL CAMPS SCHEDULE

SUBJECT TO CHANGE

7:30 a.m. – 8:15 a.m.	Breakfast	Cafeteria
7:45 a.m. – 8:50 a.m.	Get ready for field session	Dorms
8:50 a.m. – 9:00 a.m.	Meet outside of dorm for field session	
9:00 a.m. – 11:00 a.m.	Field Session	Fields
11:00 a.m. – 12:15 p.m.	Free Time: Swimming Pool / Game Room	Commons
12:15 p.m. – 1:15 p.m.	Lunch	Cafeteria
1:30 p.m. – 2:15 p.m.	Down Time	Dorm Rooms
2:15 p.m.	Meet outside of dorm for field session	
2:30 p.m. – 4 p.m.	Field Session	Fields
4:00 p.m. – 5:15 p.m.	Free Time: Swimming Pool / Game Room	Commons
5:15 p.m. – 6:15 p.m.	Dinner	Cafeteria
6:30 p.m. – 8:15 p.m.	Field Session	Fields
8:30 p.m. – 9:00 p.m.	Snacks	Cafeteria
8:30 p.m. – 11:00 p.m.	Talent Show (Girls week)	Lamb Auditorium
8:30 p.m. – 11:00 p.m.	Indoor Soccer Tournament	Gym
9:00 p.m.	Cell Phones Off	
9:00 p.m. – 10:00 p.m.	Lecture	Auditorium
10:30 p.m.	Curfew	In Room – Lights Out

TALENT SHOW will take place at 8:30 p.m. in the Auditorium on the last night of camp

LAST DAY OF CAMP

7:30 a.m. – 8:15 a.m.	Breakfast	Cafeteria
8:15 a.m. – 9:00 a.m.	Pack Bags and place outside of dorms	
9:00 a.m.	Meet outside of dorm for Evaluations	
9:05 a.m. – 10:30 a.m.	Oral Evaluations and Camp Clean Up	
10:45 a.m. – 12:00 p.m.	Final Games	Fields
12:00 p.m. – 1:00 p.m.	Closing Ceremony	Lamb Auditorium

Cell phones usage is limited to free time.
 Cell phones should be turned off after the last free time at 9:00 p.m.

2010 Goalkeeper and Finishing Camp Daily Schedule

SUBJECT TO CHANGE

Thursday	3:00 PM - 4:00 PM	Check-in	Field Session	Goalkeeper
	4:00 PM - 5:00 PM	Opening Orientation		
	5:00 PM - 6:00 PM	Dinner		
	6:45 PM - 8:15 PM	Session One	Technical	Technical
	8:15 PM - 8:45 PM	Snacks		
	9:00PM - 10:00 PM	Indoor Tourney		
	10:00PM - 10:15 PM	Dorm Meeting		
	10:30 PM	Lights Out		
Friday	7:30 AM - 8:00 AM	Breakfast		
	9:00 AM - 10:45 AM	Session Two	Technical	Technical
	11:00 AM - 11:45 AM	Pool/Free Time		
	12:00 PM - 1:00 PM	Lunch		
	1:00 PM - 2:15 PM	Free Time		
	2:30 PM - 4:00 PM	Session Three	Tactical	Tactical
	4:00 PM - 4:45 PM	Pool/Free Time		
	5:00 PM - 5:45 PM	Dinner		
	5:45 PM - 6:30 PM	Free Time		
	6:45 PM - 8:15 PM	Session Four	Game	Game
	8:15 PM - 8:45 PM	Snack		
	9:00 PM - 10:00 PM	College Lecture		
	10:00 PM - 10:15 PM	Dorm Meeting		
	10:30 PM	Lights Out		
Saturday	7:30 AM - 8:00 AM	Breakfast		
	9:00 AM - 10:45 AM	Session Five	Technical	Technical
	11:00 AM - 11:45 AM	Pool/Free Time		
	12:00 PM - 1:00 PM	Lunch		
	1:00 PM - 2:15 PM	Free Time		
	2:30 PM - 4:00 PM	Session Six	Tactical	Tactical
	4:00 PM - 4:45 PM	Pool/Free Time		
	5:00 PM - 5:45 PM	Dinner		
	5:45 PM - 6:30 PM	Free Time		
	6:45 PM - 8:15 PM	Session Seven	Game	Game
	8:15 PM - 8:30 PM	Snack		
	8:30 PM - 11:00 PM	Talent Show		
	11:30 PM	Lights Out		
Sunday	6:45 AM - 7:15 AM	Breakfast		
	8:00 AM - 10:00 AM	Last Session	Technical	Technical
	9:00 AM - 10:00 AM	College Lecture (Parents)		
	10:00 AM - 10:45 AM	Closing		
	11:00 AM	Camp Ends		



DRIVING DIRECTIONS TO THACHER SCHOOL

5025 Thacher Road, Ojai, CA 93023

From the East:

Take Hwy 150 (Ojai Ave.) to Reeves Road (turn right at Boccali's Pizza).

On Reeves, take the second left at McAndrew Road.

McAndrew will take you to the Thacher 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 (Ojai Ave. in town).

Follow Hwy 150 until Reeves Road.

Take the left part of the Y at Reeves (Boccali's Pizza is in the middle of the Y).

On Reeves, take the second left at McAndrew Road.

McAndrew will take you to the Thacher gates straight ahead.

AGE GROUPINGS FOR TEAM FORMATION AND HOUSING

As an FYI, we use the ODP Youth Academy Camp for state team identification purposes. To that end, age groups will be sorted by year of birth in an effort to optimize player evaluation.