



D. Camp Information

Bring

Essentials		Soccer Gear	
Sheets for twin bed	Toiletries, including soap	Gear bag for use to/from field	Shoes for indoor play
Pillow	Alarm clock	Broken-in cleats	Socks, socks, socks!
Blanket	Sunscreen	Shinguards	Shorts, shorts, shorts!
Towel, washcloth	Insect repellent	Soccer ball w/name on it	Shirts

We stay in modern dorms with air conditioning, so do NOT bring a fan.

Bring enough soccer socks, shorts & underwear for multiple changes daily, so you have dry soccer gear for each new session. This will help minimize chafing (especially for boys) & blisters.

Other clothing		Additional considerations	
Shorts	Flip-flops or sandals	<i>Campers eat 3 daily meals, water & ice are always available at the fields, & each camper receives a 28 oz. Iowa Soccer waterbottle. If these don't meet your child's needs, you may bring:</i>	
Socks	Underware/bras		
Shirts	Bag for dirty laundry		
Pajamas		Sports drink	Energy bars
		HEALTHY snacks	Additional waterbottle

Each DORM (not each floor) has a single refrigerator for community use. Please be considerate if using for sports drinks and only put in a couple drinks at a time, so there is space for other campers to also use. Put your name on your drink!

Leave at home!

Unhealthy snacks and drinks!
iPods or other music devices
Any electronics or computers
Televisions

Cell phones

Cells phones are allowed but usage will be limited. From past experience, when homesick campers call home, it gets worse, not better. We've also had incidents where campers have called home to complain about the position they're playing in camp and then hand the phone over to a chaperone or coach to explain. THIS IS UNACCEPTABLE.

- ✓ ***Please advise your child to call home once/night to check in and that's it!***
- ✓ ***If phone/texting becomes a distraction, we'll take the phone away for the rest of camp.***
- ✓ ***Chaperones are parents & if your camper is homesick, they will try to help them get through it!***

Camp Rules: Go over these with your child!

- ✓ We are guests on the campus of Grinnell College. Treat all college personnel and property with respect.
- ✓ Players must be courteous with coaches, chaperones and each other. You are responsible for your conduct. Inappropriate behavior, including bullying, can result in your removal from camp, with or without warning.
- ✓ If you need help with anything at any time, you need to talk to a camp chaperone. They are at camp to help you navigate your day, find things, or get you to someone who can help. Make sure you ask them for help!
- ✓ If you get injured, pull a muscle, develop a blister, feel sick, etc...you need to let someone know. There is a certified athletic trainer at camp who knows how to help you. Make sure you ask for help!
- ✓ Keep your room, the bathrooms and the dorm lounges clean. Clean up after yourself!
- ✓ You are not allowed to leave camp boundaries at any time!
- ✓ You are responsible for locking your dorm room and making sure you have your keys with you at all times -- when you go to the soccer field, the bathroom or shower, the dining hall, or if you just run down to the dorm lounge to talk to someone. Take your keys and don't lose them!
- ✓ Use and/or possession of drugs, alcohol, and/or tobacco is cause for immediate dismissal.

Contacts

In case of an **emergency** and you need to speak with your child, go through the Head Chaperone so your child doesn't receive the news while alone. All chaperones, including the Head Chaperone, are there as "surrogate parents" to help your child! You may either call your child's cell and ask him/her to tell the Head Chap. to call you back, or you should call the Grinnell College switchboard at 641-269-4000. Leave your name and best phone number(s) and stress that the dispatcher immediately get your message to the Iowa Soccer Developmental Camp Head Chaperone.

If you need to get a **non-emergency** message to your child, you can reach Camp Director Jenny Wood at the office, 515-252-6363 ext. 104 or cell, 515-240-8636.