



University of Regina Cougars Elite Soccer Camp Information Package

Dear ELITE Camp participant!

Welcome to the upcoming 2019 University of Regina Cougars ELITE Soccer Camp taking place July 14 to 18! Given the quality of women attending this event, we anticipate and expect the level of performance will be of a high standard.

Over the course of the camp, you will take part in on field training, classroom and personal development sessions that will clearly demonstrate the expectations placed upon women competing at an elite post-secondary level. This approach affords you the opportunity to assess your current strengths and identify areas of growth academically and athletically. Additionally, your participation will allow our coaching staff to observe your level of performance in training and your personal interaction with others on and off of the pitch.

The following information provides you with important material regarding the events and activities that shall take place during the camp.

Parking:

For athletes who are travelling to the camp by vehicle and require a parking place over the course of the camp, parking has been assigned in LOT 7. Please ensure that you have inform Coach Maltman of the make of vehicle, colour and license plate using the following form: UR Cougars ***ELITE Camp pre-Camp Form*** (a separate document). We must have this data so that parking attendants do not accidentally give you a ticket!

For families who are simply dropping off/picking up their daughter from the ELITE Camp, there are parking meters in from of Luther College.

Residential Information:

Athletes who are staying on campus for the duration of the ELITE Camp shall be staying in the Luther Residence. We have booked one wing of the residence to allow you the opportunity to get to know one another away from the soccer pitch as well as interact with current Cougar athletes who shall be living in residence over the course of the camp. While living in residence, it is important you are aware of the following information:

i) Personal Security.

Each athlete will be provided a private room, on a secure female-only floor of the residence. All athletes will be housed in the same location. There are two security doors into this area of the residence (you will receive a FOB to allow you entry) and a key for your own room. Under NO circumstances are you to give your keys to anyone.

There shall be Cougar athletes staying with the ELITE Camp athletes for the duration of the camp. These women are there to address any questions that you may have AND to ensure that there is no excessive noise coming from player rooms and/or hallways. Players must respect the fact that other people are living in residence and should abide to the following guidelines:

- Absolutely no people outside of the ELITE camp participants in your room.
- Keep music and videos at a level that allows you to hear without disrupting others.
- No running in the hall ways.

ii) Meals

Daily meals and an evening nutritious snack will be provided @ Luther Dining Hall on campus. Times for breakfast, lunch and supper are identified in the itinerary. A wide variety of menu items are available. **Please only take what you feel you can eat.** If you are still hungry you can go back for more. Avoid taking food out of the cafeteria.

At the conclusion of each meal, please place your dishes and cutlery in the designated area AND place your chair against the table.

For those women residing in Luther over the camp, we have arranged for evening nutritious food trays to be prepared for 9:30 pm each night.

iii) Personal items:

- All bedding and towels are provided in your room. Should you wish to bring your own pillow, feel free to do so (just remember to take it home).
- Deodorant/Antiperspirant
- Shampoo, Conditioner, Soap and a plastic container (basket) to carry them to the showers
- Toothbrush and toothpaste
- Hair styling products, comb, brush, hair dryer
- Toiletries (tissues, lotions, scents, make-up, feminine products, etc; *please use scented products sparingly to respect those with sensitivities and allergies*)
- Housecoat and shower shoes/sandals
- Prescriptions and medications with labels in original containers
- Nail clippers and nail file
- Clothing, jackets, shoes and underwear – for all weather!
- Room cleaning supplies (such as a cleaning spray & cloth)
- A garbage bag for your room (a garbage can is provided in your room)

NOTE: Laundry facilities are available at no cost. You can bring your own laundry soap OR purchase soap powder bullets from Luther College (\$2/bullet).

Soccer related information:

Over the course of the camp we shall be training on both grass fields and artificial surfaces. Please ensure to bring:

- Proper soccer footwear + a newspaper (to dry off your cleats in the event of rain). Absolutely NO washing of muddy footwear in washroom facilities or sinks.
- Running shoes.
- Shin pads.
- Soccer socks.
- Soccer shorts (black or green).
- Training shirts.
- **Insect repellent!!!**
- **Sun screen (min SPF 30)**
- **Rain jacket and pants**
- Water bottles (2).

IMPORTANT: After our afternoon sessions, we shall incorporate hydro therapy baths as part of your recovery process. **With this in mind ALL athletes should bring swimwear/shorts that can be worn while in the hydro baths.**

Athlete/Medical support

We shall have athletic trainers available during our sessions and our medical support centre available to address any injury related concerns that require medical attention. **Please ensure to bring your medical card.**

Off Field Sessions:

A variety of off field sessions have been scheduled (athletic, academic, personal development). Please bring the following items with you.

- Academic sessions and evening presentations – note pad and pen.
- Physical/personal development sessions – gym clothes and runners.

Detailed Itinerary of Events:

A detailed itinerary of all on field and off field sessions shall be send to you by NO LATER than July 8, 2019