

July, 2010

Dear 2010 HP Soccer Academy Residential Camper,

We are looking forward to seeing you at the HPSA residential summer soccer camp this Sunday. We have been working very hard with our coaching staff, guest college coaches, athletic trainers, and with the Virginia Episcopal School (VES) staff to ensure the very best experience possible for our residential camps. This letter will help you prepare for camp and explain arrival procedures and many other camp details. If you have any additional questions, need special meal arrangements or have special medical needs please do not hesitate to contact us at any time (via email address [info@hpsoccer.com](mailto:info@hpsoccer.com)).

- Directions to the Campus:

Directions are available via the following link: <http://www.ves.org/Page.aspx?pid=313>.  
The address of the school is 400 VES Road, Lynchburg, VA.

- Checking into Camp:

Check-in is between 12:00 (noon) and 12:45 PM at the VES Dining Hall, known as the Banks-Gannaway Hall. A campus map is available via this link and it would be wise to print it and bring it to campus - [http://www.hpsoccer.com/home/pdf/VES\\_Map.pdf](http://www.hpsoccer.com/home/pdf/VES_Map.pdf).

Lunch will not be served on Sunday so please eat before arrival on campus (dinner will be following afternoon field sessions so the players should eat). Make sure you bring a \$50 refundable key deposit with you to check-in. This can be cash or a check (check is preferable method, made out to HPSA). It will be returned to you at check-out, provided the key is returned and the rooms are in order with no damage.

For players that drive themselves to camp, car keys will be collected at check-in. No player may leave the campus during the duration of camp, for both team building and safety reasons. We also require completion of an insurance form and medical waiver – it will expedite the check in process if this is completed ahead of time – [http://www.hpsoccer.com/home/pdf/HPSA\\_Emergency\\_Medical\\_Release.pdf](http://www.hpsoccer.com/home/pdf/HPSA_Emergency_Medical_Release.pdf)

As a reminder – players will need:

- \$50 deposit check (returned if room is in good condition)
  - Insurance forms completed
  - Copy of medical insurance card
  - Car keys turned in for self drivers
- Moving into dormitory and what to bring to camp:

The campers should bring the items on this list -

[http://www.hpsoccer.com/home/pdf/Res\\_List.pdf](http://www.hpsoccer.com/home/pdf/Res_List.pdf). The dorms are air-conditioned so fans should not be required. Players are discouraged from bringing computers, but we assume they will bring cell phones and ipods if so desired. The dorm lounges do have large TVs with DVD players and we will plan some Xbox competitions. We cannot be responsible for lost or stolen items; if any electronics are brought to camp the player assumes the risk of keeping track of their possessions. We will be using the school facilities (pool, rec center, gym, classrooms) but are guests at this facility; please remind campers of the need to respect the premises and help to ensure we are welcome next year.

If players require prescription medicines they may hand them in when registering and we will keep them under lock and key and dispense them at the appropriate times.

We will eat three meals a day at our all-you-can-eat dining center and have a camp store stocked with snacks and drinks as well as late night pizza. We will provide snacks during the day as well. We have requested healthy dining options for all meals.

- Camp Safety and Supervision:

Ed Beach, Mark Ryan, and the entire camp coaching staff, along with HP/Great Falls administrator Christine Pittman, will supervise and work the camp on a 24/7 basis. We will be staying in the dorms with the campers, day and night. We will have an athletic trainer with us for all field sessions. If there are medical issues we need to be aware of ahead of time or questions at any time during camp, just ask one of the staff or one of us for help.

- Parking at VES:

Players that are driving themselves to camp will need to park in the lot near the gym (park in front of the main building to unload and then move your car to the gym lot). Parents dropping players may park in the main parking lot for drop off at front of main building (with large white pillars). We will have signs up and also staff to help direct players.

- Camp Store and Late Night Pizza:

We will have a camp store available in the evenings after the dinner hour. It will sell healthy snacks, water, and sports drinks. Most items are priced at 50 cents to \$1.50. At 8:30 PM we will have hot pizza for a late night snack (\$2 per slice). An average allowance to give to your son for camp should not exceed \$15-25.

- Daily Schedule:

The camp schedule is available via this link -

[http://www.hpsoccer.com/home/index.php?option=com\\_content&task=view&id=76&Itemid=152#schedule](http://www.hpsoccer.com/home/index.php?option=com_content&task=view&id=76&Itemid=152#schedule). Campers should be sure they bring alarm clocks or know how to set a cell phone alarm as they will be expected to get themselves to all events on time. Breakfast is a required meal.

- Commuters:

Our Commuter Campers arrive at 8:30am on Monday the 19th and Tuesday the 20th and leave camp at 8:30pm. On Wednesday July 21st, commuter campers arrive at 8:30am and depart at 11:15am. Lunch and evening meals are included on the 19th and 20th of July for the campers. Commuter campers will be fully integrated in all aspects of the camp both on and off the field. We trust it will be rewarding soccer experience for all campers.

#### 11. Last Day and Check Out

CHECK OUT works as follows: After morning matches, campers return to their dorms to pack up and CLEAN rooms. Trash must be brought to the dumpsters outside the dorm, NOT to the bathroom or dorm trash cans. Then campers proceed to the dining hall to check out, and receive returned deposit check (turning in keys for those with keyed rooms).

We look forward to seeing all of you at the HPSA Residential Camp. If you have any questions please do not hesitate to email [info@hpsoccer.com](mailto:info@hpsoccer.com). If you have issues on your way to campus please call Mark Ryan at 571-212-9209 or Ed Beach at 703-407-5339.

Sincerely,  
Ed Beach and Mark Ryan  
HPSA Soccer Academy Directors