

Attending Success In Soccer Camps, this summer will benefit any soccer player who is looking to improve their game. It is an experience unlike any other which will change your life on and off the field. However, to make the most of your camp experience, you need to be fully prepared. Here's some tips that will help.

> **Be Physically Prepared**

Try to go into camp in your best physical condition. Every moment at camp is a valuable learning experience. You want to be able to be able to seize every opportunity to practice and learn. We all know that our ability to pay attention decreases when we are tired; our ability to train with a pulled muscle is reduced. The bottom line is that to take full advantage of everything that is offered at camp you must be in good physical shape.

> **Bring The Right Equipment**

Bringing the right equipment is crucial to having a successful camp. Of course you will need to bring your usual training gear; jersey, shorts, socks, shinguards and shoes. However, there are plenty of other things to think about.

Be Sure to Bring the Following:

- > During the hot summer months you will need a fresh t-shirt for each session.
- > Cleats that are already broken in. Don't buy a new pair of shoes to wear at camp unless you have enough time to break them in. New shoes can give you blisters.
- > Indoor shoes for possible indoor sessions and casual evening wear. Sometimes because of bad weather sessions will be conducted indoors.
- > A warm-up suit and/or rain gear
- > Plenty of tee shirts and shorts
- > Linens, blankets, pillow and towels.
- > Sandals for the showers
- > Bathroom items e.g. soap, shampoo, toothbrush, toothpaste deodorant
- > Laundry detergent. You will need to wash your dirty gear
- > A bathing suit. USF camps have access to a swimming pool and after a tough session the pool can feel real good.
- > An alarm clock. You don't want to miss breakfast!
- > A calling card or change so you can call home and tell everyone that your are doing great.
- > Bug-spray and sunscreen. Ouch!
- > Spending money for evening snacks, laundry or the camp store. Avg. camper spends aprox. \$40.00

- > Athletic tape and wraps if you need them. There will be a trainer on hand to assist you.
- > A ball! You cannot play without one.
- > A water bottle. You don't want to get dehydrated.
- > An address book. The friendships you make can last a lifetime.
- > A disposable camera if you want a "Kodak moment" with your new friends.
- > There may be some other things you can think of but if you bring all of the above you will be in good shape. Don't forget there will be a camp store at each site with a full selection of equipment.

> **The Never Ending Camp**

Camp does not end at the end of the week. The improvement will continue throughout the year if you continue to apply what you learned at camp. Remember the exercises you did the intensity level at which you worked, the discipline you showed on and off the field and the words of wisdom you picked up from the staff. Every time you step on the practice field you should relive your week at camp. You have been given the tools to make yourself a better player. By the end of the week you will be a better player, but why should the improvement stop there.

Enjoy your time at camp this summer. Strive to make the most of it as humanly possible and you will reap the rewards for the rest of your life.

Good Luck!