



UK INTERNATIONAL RESIDENTIAL CAMP F.A.Q's

Please find below some common questions that have come up in the last four years.

How are the students grouped during training?

When the students first arrive at camp they will be placed into a group consisting of other students of the same age within the program. From there the staff will evaluate the talent of each individual over the first 2 training sessions and adjust the groups according to ability. For example, if there is a student within a group who demonstrates ability above the rest of the group, then he will be moved into a higher ability group. Players that come part of a team will train together. Goalkeepers will have their own program in the morning and be split in the afternoon so our goalkeeper coaches can evaluate game play.

What equipment do I need to wear at camp?

All students will be required to wear the necessary equipment required to play in a real game, that means shin-guards at all times. Here is a link to a list of things to bring to camp:

Attending UK International's Residential camp 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 soccer gear; jersey, shorts, socks, shin-guards and shoes. However, there are plenty of other things to think about.

Be Sure to Bring the Following:

- 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.
- For Goalkeepers: An extra goalkeeper jersey.
- 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





- A fan. Not all rooms are air-conditioned.
- An alarm clock. You don't want to miss breakfast!
- Bug-spray and sun-screen. Ouch!
- Spending money for evening snacks, laundry or the camp store.
- Athletic tape and wraps if you need them. There will be a certified athletic trainer (A.T.C.) on hand to assist you.
- Plenty of Socks and Underwear.
- Pen and a notebook

Can Students bring extra snacks and drinks?

There is three meals served a day, however students can bring as many snacks and sport drinks as they want. No food will allowed to be consumed in bedrooms. There is a small kitchen and eating area in the dorms.

Can students leave during camp or leave camp early?

Every session at the UKISC Residential Camp is an important part of the week, however if a student has a prior commitment (e.g. soccer game) then you may leave camp. Students will only be able to leave with properly identified parent or guardian and this individual must be noted at registration. There are certain forms which must be completed and signed available at registration for students who must depart during the week. There are no refunds or partial refunds for early departure unless due to medical conditions which occur and are documented by the UKISC staff during the week.

How can students be contacted at camp?

During the duration of the camp, You can contact the Camp Director. The Camp Director will be carrying a cell phone, is on-site 24 hours a day and in case of an emergency only will be able to be contacted at any time during the program. To contact a site's administrator, please call our National Support Centre at 1-888-UK SOCCA. Players will be able to call home from the directors cell phone and Twitter updates given to parents

Is there laundry washing facilities at camp?

Although there are washing facilities available, the opportunity to do so will be limited. Please inform our staff during registration if you would like to purchase a laundry card





QUESTIONS ABOUT CAMP

How long is the camp?

The camp covers five calendar days. Running from Sunday to Thursday.

When is Registration?

Registration on the Sunday will be between 1:30pm & 2:50pm.

Orientation will start at 3pm so do not be late.

What happens if it rains at camp?

If it rains we will still train, however if the weather becomes dangerous (lightning, high winds, extreme heat, etc.) then we will be able to conduct a session within the school's indoor facilities or gymnasium. We may switch the schedule to accommodate this so no field time is lost

Can parents watch during camp?

Absolutely! We'd be delighted to see as many parents as possible come and see first hand the tremendous training the players receive. All we ask is that you inform the Camp Director of your intended time of visit.

Who are the staff at the UKISC Residential Camp

Our handpicked residential staff provides the perfect blend of quality coaching with our world-class curriculum to give players the techniques, knowledge and confidence to lift them beyond their vision of capability.

UK International's Residential Camp staff have been working for a number of years on Residential camps, have been Safe Haven certified and trained to cope with players needs during the week

What is the typical day at camp like?

Breakfast is served 8am – 8:30am

Lunch 11:30 – 12:30

Dinner 5pm – 5:45pm

What is the daily routine at the UKISC Residential Camp?

Before Breakfast – Soccerobics (once per week)

Breakfast to Lunch – Technical work – individual & game related

After Lunch – Activity

Before Dinner – Tactical session

After Dinner – Tournament / Activity

Before Lights out – Relax / Video Analysis

What is covered in the curriculum?

The curriculums have been designed to cover all aspects of the position whether you are a Goalkeeper or Field Player.





QUESTIONS ABOUT THE CAMP SITE

How are the students supervised when they are not on the fields?

All staff stay on campus during the entire time the programs are in session. The UKISC staff will be eating in the same cafeteria and will also be sleeping in the same dorms. There will be a Staff member on each floor of every dorm at camp. If there is a problem, a UKISC Staff member is always easily accessible.

Where do the students eat?

We use the cafeteria facility located on campus.

What is the food at camp like?

The food at the Ethel Walker School is very good. At least 2 main courses, one of which is vegetarian. There is also a Salad Bar, and fruit available. There will be a lecture on Nutrition during the week of camp.

How much money should I bring?

You do not need to bring any money, although you may want to bring up to \$50 which will be kept at the "Camp Bank" for purchasing additional snacks or sports drinks, items from the Camp Store or a laundry card

QUESTIONS ABOUT HOUSING

Where do the UKISC students sleep?

The Students will be housed in the dormitory facilities on campus. The Staff will be staying in the same dorms as the students and there will be at least one staff member on each floor.

How can I request a roommate?

We will attempt to honor any roommate request if we are able. Both students must request each other and only each other for us to be able to honor that roommate request.

How are the students grouped in the rooms?

The students are paired-up in the rooms with someone as close in age as possible, or from the same town unless they request a roommate.

How many students stay in each room?

State regulations limit only two students in most rooms. There are a few rooms that are set up as suites where there may be 4 students per suite, these suites are not always available to us and because of that we can not take roommate requests for more than 2 people per room.

Are the rooms air-conditioned?

The Dorms at the Ethel Walker School do not have air-conditioned rooms. We suggest that you bring a fan.





QUESTIONS ABOUT UK CAMPS

Does UKISC give out awards at camp?

Throughout the week, the Residential staff work very hard on creating a positive team atmosphere. There will be many recognitions throughout the week.. We feel that official awards we have a negative impact on the team atmosphere that we worked very hard to create.

Where is the UKISC Office?

Our head office is in CA. The New England office will be set up at the Ethel Walker School during the week of camp

What is the UK Camps Office phone number?

You can call us toll free Monday Through Friday 12 noon – 8pm all year round at the following number: 1 888 UK SOCCA

You can also contact using any of the following:

Phone: 860 941 0966

Email Address: leon.often@uksocca.com

QUESTIONS ABOUT MEDICAL INFO

What do I do with my child's medication?

All medical information, including medications to be taken at camp, must be listed when you fill out and return the relevant forms. All Medications must be left with the Director of First Aid at check in. They will personally supervise any medication that needs to be taken.

Do students need a medical form?

Every student needs to have a completed medical form signed by a licensed physician to be able to participate at camp. The medical form must have the parents signature, insurance information, immunization history, and physicians signature to be valid. A state medical form used at schools that are less than 2 years old is acceptable

What if a student does not have medical insurance?

Every student must have some form of medical insurance if they are going to participate at camp. The main reason is if that student needs emergency medical attention, most hospitals will only give the student the necessary attention if the student has medical insurance. We will not allow a student to participate at camp without valid medical insurance to insure the student's safety. If the student does not have any insurance you can purchase as little as a one week coverage plan from your local insurer.

What happens if a student is seriously injured?

We have a plan of action for every emergency including serious injury. UKISC and the Ethel Walker School have an agreement with the local hospital near the camp site. Students are transported to the designated local hospital after our Director of First Aid has determined that the student needs emergency care. Since we have the completed medical form and insurance information there will be no delays at the hospital. A UKISC Staff member will accompany the student to the hospital and will contact the Parents immediately. For more information regarding our Policy and Procedures regarding medical care call 860 440 6447





Can I bring the medical form with me to camp?

You always want to bring a copy of the medical form with you to camp, however, the completed medical form is due at the UKISC office prior to the start of camp. If your physical exam is scheduled after the due date you can bring it to camp with you, but fax a copy to our main office as soon as the physical is completed (but absolutely no less than 14 days prior to the start of the program). In this situation, we suggest that a student makes a copy of our medical form and fill out the left side of the form (parent signature, insurance info, who to contact, immunizations, allergies etc.) and send a copy of the partially-completed Medical Form along with a note telling UKISC that you will be bringing the completed form to camp with you. The danger of doing it this way is that if you show up at camp without a fully-completed medical form, the student will not be able to participate in any camp activities until the medical form is supplied.

What happens if a student gets sick during camp?

UKISC will have a certified athletic trainer at each site to tend to injuries and minor ailments. If a student becomes too sick to participate in more than two consecutive sessions at camp then we will call home with an update. If it is determined that the student will not be able to continue then the student will be picked up from camp and a credit only will be issued based on time missed from camp less the deposit.

QUESTIONS ABOUT UK CAMP STORE

What will be at the UKISC Camp Store?

UKISC Camps will conduct a Camp Store available to the students to pick up great select Soccer Gear at discounted prices.

