



**Summer Soccer Academy
2022**

**Parent/Guardian
and
Camper Guide**

CAMP LOCATION:

Williston Northampton School

19 Payson Avenue

Easthampton, MA 01027

Welcome!

Camp Philosophy

The goal of the Amaral Soccer Academy is to ensure that each camper will improve their skills while having a great camp experience. Each camper will be evaluated on their individual skill level, their strengths and their areas for improvement. The fundamental skills of soccer will be taught as well as specialized drills so that they will have the necessary tools to work on their skills independently after camp has ended.

Through this instruction, campers will improve and they will gain confidence in themselves so they can maximize their potential on and off the soccer field. The campers will not only learn about soccer, but they will learn life lessons that can be taught through the game of soccer. Finally, campers will have the opportunity to meet new friends and have fun!

By the end of the week, we want to ensure that every camper leaves a better player and with a greater love of soccer.

Message to the Campers from the Director:

As the Director of the Amaral Soccer Academy, it is my goal to ensure that each camper uses their natural instincts to reach their maximum potential. I will personally identify your strengths and areas for improvement and put you in a position that you will be able to maximize your abilities on the soccer field. I will help you improve the technical, tactical, and mental aspect of soccer and I will help you gain confidence so that you have the tools necessary to get to the next level.

Throughout the course of the week, I will teach you the fundamentals of soccer using the “Natural Soccer Method”, a unique approach to learning the game. You will be taught through imitation so you learn to play with fluidity and simplicity. I believe that the best players develop when no one is watching. Therefore, we will provide you with self-help drills so you will have the tools necessary to practice what you have learned at camp and continue to improve on your own.

Our soccer curriculum is designed in such a way that technical skills and tactical play build on one another. Through this disciplined, step by step “Natural” approach, to teaching the game of soccer, we guarantee that you will be doing things at the end of the week that you never thought you would be able to do. You will learn in game-like conditions with an emphasis on competition so that you will be prepared to use your skills on the field when the game is on the line.

All you need to do is bring a positive attitude, a willingness to learn and a strong work ethic, and our experienced staff of coaches and counselors will do the rest.

Can't wait to meet you on the field!!!

Sincerely,

John Amaral
Camp Director

Camp Staff

We are honored that you entrust your child to us at the Amaral Soccer Academy. Our coaches are selected by their experience at soccer and their enthusiasm and support of soccer players at every age and level. Many are coaches for local, travel and elite soccer teams. Some have played nationally and internationally. Others are collegiate players who have attended our camp in the past.

ALL of them are committed to providing your child with the best soccer experience possible!

Our staff is required to have positive background checks, sound work experience, and must complete the CDC Heads Up Concussion Protocol. They must attend an Orientation Meeting prior to camp where they will be trained in Camp Policies for Safety, Camp Expectations, Behavior Policies, Fire and Emergency Policies and Procedures and Contingency Plans for Late Arrivals, Timely Roll Calls and Attendance.

Our Health Care Consultant will review Health Care Policies and ensure that our staff knows the Policies and Procedures for Mildly Ill campers, Health Checks for COVID19, Dehydration and Sunblock Usage, Concussion Protocol, and Camper Injuries.

Health Care Policy

The health and physical wellbeing of our campers ensures that they will have a positive and enjoyable experience at Amaral Soccer Academy. Our Health Care Consultant is available at all times and we have experienced, certified CPR/AED First Aid coaches as part of our Health Care Supervisor Staff as well. Amaral Soccer Academy at Williston Northampton School will set aside one room for the Health Care Consultant. Another room will be used as an infirmary and another as a negative pressure isolation room for any camper or staff member who exhibits symptoms of COVID.

Parents/Guardians are welcome to call the Director to discuss our health care policies or a specific concern.

This camp must comply with regulations of the Massachusetts Department of Health and the local Board of Health.

Medical Personnel:

- Robin Buckingham, PA, #PA 2096 (413) 727-2029
- Aaron Patterson, Co-Director, Coach, (413) 219-8715
Certified CPR, AED, First Aid, CDC Concussion Protocol
- Ben Masse, Coach, Certified CPR, AED, First Aid, (413) 563-4727
CDC Concussion Protocol

Health History and Physical Forms

All parents/guardians must complete the Amaral Soccer Health Care Forms and provide a copy of a current physical. It is a violation of state regulations to have any campers engaging in activities at camp without proper health information on file.

Mildly Ill Campers

While at the camp, our staff will monitor campers for signs of illness, fatigue, dehydration and other observable mild symptoms and will refer the camper to our Health Care Consultant.

Mildly ill campers will be evaluated by the Health Care Consultant or Medical Supervisor. Treatments will be administered per standing order and the Health Care Consultant will determine further steps, if necessary. If the condition persists or worsens, appropriate care will be administered and the parent/guardian will be notified. If the Health Care Consultant's assessment suggests that your child is too ill to continue at camp, you will be informed so that you can pick your child up from camp.

Special Considerations for Extended Day Campers and 2 Week Campers

We ask that parents/guardians of Extended Day campers and campers returning for the second week also monitor their child's health before returning to camp each day or after the weekend break. Please keep your child home and notify us if your child exhibits:

- **Fever over 100 degrees **Recurrent vomiting or diarrhea or nausea **Flu-like symptoms
- **Cold Symptoms **Sore throat, particularly with swollen glands **Conjunctivitis
- **Any other illness or condition which may affect your child's full participation in camp activities.

Emergency Care:

The following steps will be taken in the event of an emergency injury:

1. In the event of an emergency injury, the Health Care Consultant/Supervisor will attend to the camper.
2. Should emergency care be required, the Health Care Consultant/Supervisor will call 911. The closest hospital is Cooley Dickinson in Northampton. Holyoke Medical Center, which is also nearby is an alternative.
3. In the event of an emergency injury, the parent/guardian of the camper will be notified as soon as possible by the Director or the Health Care Consultant/Supervisor.
4. Follow-up care will be provided in the event of an emergency injury in the appropriate manner as determined by the Health Care Consultant and the Camp Director.
5. In the event of a camper sustaining or exhibiting signs of concussion, the coach will remove the camper from play/training, and alert the Health Care Consultant/Supervisor. CDC protocol as outlined in the Concussion Training will be followed.
6. The Health Care Consultant and/or higher medical professionals will determine all decisions regarding clearance for play after injury. Camp staff members should feel free to contact the Health Care Consultant/Supervisor with any concerns regarding the camper

Medications

The Camp Health History Form requires information regarding campers' health history and special needs or concerns regarding their health and wellbeing.

Prescription medications will be administered only after parent/guardian completes and signs the "Authorization to Administer Prescription Medications" form. The Health Care Consultant will be responsible for storing and the administration of appropriate dosages. Medication must be in the original pharmacy container with the correct name, date, and instructions. NOTE: Campers are never allowed to keep prescription or over the counter medication in their possession (*with the exception of properly labeled*

asthma inhalers that have been approved by the Health Care Consultant after discussion with the child's parent/guardian)

Sun Protection and Hydration

The importance of hydration and sun protection cannot be overstated, especially on a soccer field in the summer. As a team, you as parents/guardians, we as experienced health care supervisors, players and coaches and the campers themselves can address this issue.

As a parent/guardian please make sure your child packs or brings:

***Sunscreen Product (SPF 30 or greater)

***Water Bottle

Our staff will:

*** Make sure that there are frequent water breaks

***Encourage campers to drink water

***Encourage campers to apply sunscreen frequently, especially before morning, afternoon and evening sessions

***Act as role models, applying sunscreen and taking water breaks as well.

***Provide shaded shelter for campers who need to sit out if experiencing overheating.

Campers will be responsible for applying sunscreen as requested. They will be reminded during the day, but are expected to apply it themselves.

Attendance and Release

Attendance will be taken daily at the beginning of each session, at the 10:30 PM bed check, and a Roll Call/Head Count will be taken on an informal basis by the Coach each time the campers move as a group.

Day Campers should be dropped off at the field before 8:30 so that the parent/guardian/authorized person can sign the Camper Attendance Sheet, and the camper can begin the morning session with the other campers.

Any camper who must leave at any time during the camp, the Parent/Guardian must notify the Camp Director by phone and confirm with a follow-up email/text stating who will be picking up the camper, when the camper will be picked up and when/if the camper will return. The Parent/Guardian or Designated Individual must pick up the camper and complete a sign-out form. Upon return, the parent/guardian must accompany the returning camper and complete a sign-in form.

Campers will only be released to Parents/Guardians or Designated Individual(s) listed on the Camper Drop Off/Pick-up Release Form.

Fire Drills

In accordance with State and Local policies, a fire drill will be held within the first 24 hours of camp each week.

Fire drills will be conducted at each building. Each building has a posted evacuation plan on each floor.

Every coach will have copies of the plan for their buildings and will conduct a specific building and floor evacuation plan with their campers residing in the building.

In addition, every coach will have a camper list to take attendance when everyone is safely out of the building.

Plans for Unrecognized Persons

Amaral Soccer Camps are committed to providing a safe, secure and enjoyable camp experience. The safety of our campers and staff is paramount. In order to maintain this security, all staff members are trained to identify and confirm authorization for any unknown or unrecognized persons on the premises.

Campers will be cautioned not to interact with unknown persons and report any attempt by such a person to their coaches or the Directors.

Parents/guardians play a crucial role in this as well. In addition to reminding their children of basic safety rules regarding strangers, all Parents/guardians must specify who is authorized or unauthorized to have access to the children and notify any changes immediately.

In the case of Extended Day Campers, parents/guardians must complete a Camper Drop-Off and Pick-Up form with the names and contact information of all authorized persons. No camper will be released from camp to a person who is not authorized.

Emergency changes for authorized persons not on the Camper Drop-Off and Pick-Up form must be directed to the Camp Director, Aaron Patterson (413)219-8715, by phone and confirming text.

Discipline Policies and Procedures

Amaral Soccer Directors, Coaches, Staff and Volunteers are committed to make the camp experience a safe, enjoyable experience for all campers. Positive reinforcement, clear expectations and good modeling are expected of our staff and our campers.

Some behaviors are unacceptable and may result in disciplinary action, suspension or immediate dismissal. These include:

- Endangering the health and safety of campers or staff
- Continuing to disrupt the program
- Refusing to follow the behavior guidelines and/or program rules.
- Using profanity, vulgarity, obscenities, racial or ethnic slurs
- Harassing other campers for any reason
- Leaving the group without permission
- Stealing or damaging the property of Williston Northampton School or that of other campers or staff.
- *Other camp expectations and rules will be discussed at orientation

Parents/Guardians are able to review background check policies, healthcare and grievance procedures upon request to the Director(s).

COVID19 Prevention and Response

The following COVID-19 Prevention and Response measures will be implemented as part of our 2022 Health and Safety policies. These policies are designed to reduce the chances of our campers, staff and families contracting or spreading COVID. Though we can implement these policies, remind campers of good habits and check campers frequently for any observable symptoms, we cannot guarantee that there is no risk of exposure or transmission. All campers, staff and family members are expected to comply with these precautions to ensure a safe, less restrictive, and enjoyable camp experience.

This policy may change in response to new outbreaks, concerns and recommendations by the State of Massachusetts or the Local (Easthampton) Board of Health.

In response to updated Massachusetts COVID 19 guidance for summer camps (May 25, 2022) and to provide the safest and most effective practices recommended by the CDC, COVID19 :

Before Camp:

Self-Symptom Check: It is the responsibility of the parent/guardian to screen the camper for symptoms associated with Covid-19 before arrival at camp and will ensure the camper does not attend camp if experiencing any related symptoms. See **COVID-19 Symptoms for Child Care, K-12, OST, and Recreational Camps**, below.

At Camp:

- Masking is not required while the individual is eating, drinking, sleeping, or outside.
- If a camper exhibits symptoms of COVID19, they will be evaluated by the Health Care Consultant and tested on site. If the test result is positive, they will be moved to an isolation room until the parent/caregiver arrives. They will be accompanied by a staff member.
- Quarantine for asymptomatic exposed children, regardless of where the exposure occurred, is no longer required. Children who are identified as close contacts may continue to attend camp as long as they remain asymptomatic.
- In the case of a 2 week camper, if they test positive during the first week, isolate for 5 days, are asymptomatic or symptoms are resolving and they have been fever free for 24 hours, they may return to camp after Day 5, provided they are tested immediately onsite, and that test is negative

COVID-19 Symptoms for Child Care, K-12, OST, and Recreational Camps

Fever (100.0° Fahrenheit or higher), chills, or shaking chills	Nausea, vomiting, <i>when in combination with other symptoms</i>
Difficulty breathing or shortness of breath	
New loss of taste or smell	Headache, <i>when in combination with other symptoms</i>
Muscle aches or body aches	Fatigue, <i>when in combination with other symptoms</i>
Cough (not due to other known cause, such as chronic cough)	Nasal congestion or runny nose (not due to other known causes, such as allergies), <i>when in combination with other symptoms</i>)
Sore throat, <i>when in combination with other symptoms</i>	



CAMP CHECKLIST

This is a list of things we suggest campers bring to camp. PLEASE leave expensive items at home (cameras, watches, jewelry, laptops or iPads). We recommend that campers do not bring unnecessary clothing and suggest labeling items with your name.

- All personal toiletry items (shampoo, conditioner, deodorant, soap, hairbrush, elastics, etc.)
- Bedding (sheets, etc.) for a twin size bed (extra long sheets ARE necessary)
- Blanket or sleeping bag (Please note dorms are air-conditioned and can be cool.)
- Towels
- Pillow
- Refillable water bottle **REQUIRED**. (Water stations available).
- Sunscreen **REQUIRED**.
- Sweatshirts/pants if cooler weather is forecasted and waterproof jacket in case of rain
- Soccer shorts and t-shirts (aside from those included in the uniform package)*
- Soccer Cleats (playing surface is field turf and natural turf). Molded cleats allowed on field turf.
- Sneakers/Trainers
- Soccer socks
- Undergarments
- Goalie Gloves (for keepers)
- Shin guards
- Comfortable clothes for in between sessions/night pajamas, flip flops for showers
- Spending money (cash) for snacks, pizza, drinks, soccer apparel (we have a Camp Bank so that parents can leave spending money)
- Alarm clock
- Backpack or boot bag.
- Cell phone charger

* NO SNACKS OR DRINKS OTHER THAN WATER ARE ALLOWED TO BE BROUGHT IN THE DORM ROOMS

Laundry: **ONLY Amaral soccer uniforms will be laundered

Amaral Soccer is not responsible for lost items or items left after the camp session is over. We do have a lost and found bucket which we will keep for 30 days following the last session of camp.