



Dr. Jay Martin's Super Soccer Camp

at Ohio Wesleyan University



What should I bring to camp?

We are very excited about the upcoming *SUPER SOCCER CAMP*. This is a soccer camp.... no frills.... just soccer. We will have three working sessions each day. There is very little down time. Below you will find some recommendations of things to bring to soccer camp.

Soccer Equipment

- (1 or 2) pair of soccer shoes
- (1) pair of running shoes for walking to and from the fields
- (1) pair of sandals; it is good to let the feet breath and dry out between sessions
- (1) pair of shin guards (these are required; campers will not be allowed to play without them)
- (1) soccer ball- be sure that your FULL name is on the ball... multiple times
- (1) water bottle (players will have access to water to refill the bottles at the field)

Soccer Clothes

- (4-6) pairs of soccer shorts
- (2-3 per day) light colored t-shirts (players will receive their camp t-shirt on the final day of camp)
- (6-8) pairs of soccer socks. Wet socks cause blisters. Players should have dry socks for each session
- (1) Rain jacket
- (1) sweat/training top
- (1) pair of training pants
- (1) long sleeve shirt

Non-soccer Cloths

- Is there such a thing? There is no need for dress cloths

Personal Care Items

- soap
- shampoo
- towels and wash cloth
- deodorant
- toothbrush and toothpaste; floss
- bed linens. The university does not provide bed linens or a pillow
- any other necessary personal hygiene needs or medications
- ***** ALARM CLOCK *****

Spending Money

Players will have the opportunity to order pizza and/or visit the camp store each evening. Additionally, the camp staff will be selling gatorade before and after each training session. All money is deposited into the camp bank. All purchases are recorded by the camp staff.

Cell Phones

There are no phones in the dorm rooms. Players may bring cell phones to call home. If a player does not have a cell phone, they should contact a camp staff member for assistance.

Downtime Activities

Players will have some downtime between sessions. We will provide a lounge with a TV. They can also bring board games or playing cards. While many children bring video games, they are discouraged because they can disappear. The camp is not responsible for lost or stolen items.