



Mark Krikorian Soccer Academy

ITEMS TO BRING TO CAMP

- Cleats (already broken in) – Do not buy a new pair to wear at camp unless you have time to break them in.
- Indoor/flat shoes – Sessions may be conducted indoors if bad weather occurs.
- Shinguards – Bring your own athletic tape if you need to hold your socks up.
- Warm-up suit/sweatshirt/sweatpants
- Rain coat
- T-shirts, shorts, socks, underwear – Sleeveless t-shirts are not to be worn on the field.
- Sheets (standard twin), blankets, pillow, towel(s)**
- Bathroom items – Soap, shampoo, toothbrush, toothpaste, deodorant, etc.
- Sandals (for shower)
- Laundry detergent – Machines are available in dorm lobby if needed.
- Alarm clock
- Fan – However, ALL rooms are air-conditioned.
- Sunscreen and bug spray
- Spending money for evening snacks, pizza, laundry, or camp store.
- Water bottle – Water and Gatorade WILL be at each field.
- Notebook – Useful for evening classroom sessions.

GOALKEEPERS

In addition to the list above:

- Goalkeeper jersey(s)
- Goalkeeper gloves (at least 1 pair)
- Long goalkeeper pants or sweatpants (for certain training sessions)



TIPS FOR CAMP

⇒ BE PHYSICALLY PREPARED

Coming to camp fit and in good physical condition will enhance the quality of your experience and help you avoid injury.

⇒ TAKE GOOD NOTES

Evening lectures will provide you with valuable information. Be sure to write down the information, activities, and coaching points.

⇒ TALK TO THE COACHES

Make sure you ask questions and develop a relationship with your coaches. They can be a great resource for you even after camp ends.

⇒ STAY POSITIVE

The week will be tough physically. Throughout the camp, stay focused on becoming a better soccer player at each session.

⇒ HAVE FUN!!

Mark Krikorian Soccer Academy

FSU Soccer Complex

1119 Spirit Way

Tallahassee, FL 32306

Phone: 850-645-7205

Fax: 850-645-8978

Email: floridastatesoccer@gmail.com



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RULES AND REGULATIONS

These rules and regulations have been put in place to ensure your safety and that of other campers.

1. Be respectful of all campus, athletic facility, dining hall, and dorm rules. You are a guest on the Florida State University Campus.
2. Campers that drive to camp must turn in their keys to the Camp Director, and park in a permissible parking space. Use of the car will be forbidden during the camp week.
3. Campers must stay within the areas designated by the Camp Director.
4. No one is allowed to leave campus without the permission of the Camp Director.
5. **Possession of alcoholic beverages, drugs including tobacco, firearms, or any item dangerous to other campers, will result in IMMEDIATE DISMISSAL and possible criminal prosecution.**
6. Tampering with fire safety equipment, electrical wiring, or any campus property may result in dismissal from camp.
7. Rooms must be kept clean and neat. Campers are responsible for broken or damaged items. Rooms will be inspected before dismissal from camp.
8. Campers must secure their valuables. FSU and/or Mark Krikorian Soccer Academy are not responsible for any lost valuables.
9. No camper is allowed in another camper's room without invitation.
10. Female dormitory areas and rooms are off limits to all males and vice-versa. **Violators will be dismissed immediately.**
11. The daily schedule is to be followed by all participants, including meeting times, meal times, and wake-up and lights out.
12. **Shinguards are mandatory at all training sessions.**
13. An athletic trainer will be available. If special treatment is necessary, we must be informed in writing prior to the first training session. All injuries must be reported to the athletic trainer.
14. All medications will be self-administered at camp. It is the responsibility of the camper to take medications at the appropriate time and to keep it in a safe place.

If you have any questions or concerns regarding any of the above rules, please contact us prior to camp. These rules will be reviewed on the first day of camp.



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MEDICAL RELEASE FORM

Please read the following agreement carefully before signing. Although camp participation is encouraged, it is encouraged only if healthy.

CERTIFICATION OF PHYSICAL FITNESS TO PARTICIPATE:

1. I understand that there is a risk in participating in any sport, including Mark Krikorian Soccer Academy Camps, a risk of injury, including but not limited to serious permanent injury, paralysis, and death. To minimize the risk of injury, I agree to tell my child to obey all safety rules and to report fully any problems related to his/her physical condition to the summer camp coaches as soon as the problem begins.
2. By signing below, I certify the following:
 - ⇒ That my child is not currently under the care of a physician for an injury or illness that would prevent his/her safe participation in soccer camp.
 - ⇒ That my child is not currently being treated for or recovering from an orthopedic injury that would prevent his/her safe participation in soccer camp.
 - ⇒ That my child has no history of fainting or other problems related to strenuous exercise.
 - ⇒ That my child is in good health and there is no reason he/she cannot safely participate in strenuous physical activity.

Parent/Guardian Signature _____

Date _____

CONSENTS:

1. By my signature below, I hereby give permission for the Mark Krikorian Soccer Academy and its employees and agents to obtain medical treatment for my child, _____(child name), in the event of accident or illness during his/her time at camp.
2. By my signature below, I hereby give consent to have my child be photographed or videoed during camp activities, and I agree that the images so obtained may be used for educational and public relations purposes by Mark Krikorian Soccer Academy.

Parent/Guardian Signature _____

Date _____

RELEASE:

1. I do hereby agree that I am and shall be responsible for all costs associated with any injury or loss that may be sustained by my child as a result of his/her participation at soccer camp. I also certify that I have health insurance which provides adequate coverage for injuries and illness my child may sustain while participating at Mark Krikorian Soccer Academy.
2. By my signature below, I also agree to release and promise not to sue Florida State University, Mark Krikorian Soccer Academy, or their employees or agents, for any damages, loss, injury, or death arising from my child's participation in the Mark Krikorian Soccer Academy.

Parent/Guardian Signature _____

Date _____



