



ATHLETE HANDBOOK

Summer 2019

WELCOME LETTER

Dear Families,

Welcome to the Berkshire Soccer Academy, a place where girls discover their greatness, both on and off the soccer field. To best prepare your athlete to get the most out of the Academy, please review this handbook. It will help you feel ready and comfortable on the first day of camp and throughout the session.



Katy Kreiner



Mandie & Paul Titley

We strive to create a very special environment at the Academy that allows all campers and staff to feel secure and supported. **Please help promote our community by adhering to the BSA rules and policies and by ensuring that your athlete understands them as well.** Thank you for your assistance and support.

We are available full-time, year-round to answer your questions or you can also visit our website, www.berkshiresocceracademy.com. Our **“Away From Home Guide”** is another great resource to help prepare your family for camp.

We look forward to seeing you soon!

Warmly, *Katy Mandie & Paul*

KEY:



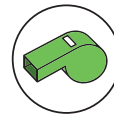
NEW for 2019



Important or Required



Talk to Your Athlete



Coach's Tip



Multiple Session Campers

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WWW.BERKSHIRESOCCERACADEMY.COM

FORMS CHECKLIST

All forms are due 2 weeks prior to arrival

ALL forms are easily accessible through your BSA Account. To access this account, click on the "Login" button on our website at www.berkshiresocceracademy.com. Use the same username and password that you used for your Camper Application. **All forms are due 2 weeks prior to arrival.**



REQUIRED ONLINE FORMS

HEALTH HISTORY FORM:

This *online* form is the place to include information on your child's health background and needs. Immunization records can be submitted online via this form.

PERMISSION TO TREAT FORM:

Please complete this short, *online* form which grants the Academy and its designated medical providers permission to treat your child in the event of a medical emergency.

TRANSPORTATION FORM:

This *online* form informs the Academy of your travel arrangements for both Arrival and Departure Days.



ATHLETE PROFILE FORM:

This *online* form supplies our staff with valuable information about your daughter's personality, so we can make her feel welcome from the first day. We recommend your athlete complete this one!



REQUIRED HARDCOPY FORMS*

PARENT AUTHORIZATION FORM:

This *hardcopy* form requires both a copy of current health insurance cards and a parent signature. Attach a copy of all medical, prescription and dental insurance cards to this form.

PHYSICIAN'S EXAMINATION FORM:

This *hardcopy* form should be printed and completed by a licensed medical provider. It requires parent and physician signatures. The physical exam must have been conducted within 12 months of the camper's arrival at camp.

IMMUNIZATION FORM:

The Academy provides you with a standard *hardcopy* form, or you can submit your daughter's immunization records via our online "Health History Form" or on a standard form provided by your physician. The Massachusetts Department of Health requires that the exact actual dates of immunizations be included on this form. The statements: "All immunizations are up-to-date" or "This child is in good health" are **not** acceptable.

*** Hardcopy forms can be submitted in the ways listed on the next page.**

OTHER IMPORTANT FORMS

MEDICATION COLLECTION FORM:

This *hardcopy* form is ONLY for athletes bringing prescription or over-the-counter medication to the Academy. This form must be complete and accompany any medication that is handed to our Health Center Staff during athlete arrival. * **DO NOT MAIL THIS FORM.**

MEDICAL CLEARANCE FORM:

Athletes who suffer certain injuries or illnesses within a specified period before the start of a session **must** submit a Medical Clearance Form signed by both parent and physician confirming that the athlete can return to play and specifying any limitations. The injuries and illnesses requiring this form include, but are not limited to:

- any illness or injury contracted within two weeks before the start of a session
- broken or fractured bone within 12 months of the start of a session
- head injury or confirmed concussion within 12 months of the start of a session
- growth plate abnormality or condition within 12 months of the start of a session
- a communicable disease within 6 weeks of the start of a session (see page 5)
- ankle sprain within 6 weeks of the start of a session



CABIN REQUEST FORM:

If 2 or 3 athletes want to live in the same cabin, they must request each other on this form, found on the BSA Account dashboard. We do not honor requests by more than 3 girls. Groups of 4 or more should break up into smaller groups of 2 or 3 when placing cabin requests. This prevents cliques and promotes an inclusive environment in every cabin.

BSA STORE FUNDS:

To allocate funds for your daughter to spend at the BSA Store while at the Academy:

1. Log in to your BSA Account
2. Go to “View Accounts”
3. Under BSA Store, click the “Fund” button

More information on the BSA Store can be found on page 12 of this handbook.

SUBMITTING FORMS

There are **3** ways to submit *hardcopy* forms:

1 Upload forms directly to your BSA Account * **Preferred Method** *

2 Fax to: (855) 315-3030

3 Mail hardcopies to: **The BSA Winter Office:** (September 1 to May 20)

Berkshire Soccer Academy for Girls
588 Monroe Turnpike, Suite 2A
Monroe, CT 06468

The BSA Summer Office: (May 21 to August 31)

Berkshire Soccer Academy for Girls
P.O. Box 1323
East Otis, MA 01029

HEALTH POLICIES AND PRACTICES



MEDICAL FORMS

The Health Department of the State of Massachusetts requires that complete and up-to-date medical forms be on file for each athlete. We ask that parents submit ALL forms (noted on pages 3-4 of this handbook) no later than **2 weeks prior to arrival**. Please carefully read the directions for each form. Your child will not be permitted to remain at the Academy if we do not have her forms in hand upon her arrival.

If your daughter develops an illness or medical condition **after** you have submitted your medical forms, please contact us by phone or e-mail. It is important that we are aware of all medical conditions ahead of time so that we can provide a safe environment for our athletes.



HEALTH SCREENING AT THE ACADEMY

In order to maintain a healthy camp community, **ALL athletes and staff undergo a health screening upon arrival**. During this screening, families can speak directly with our nurses and Athletic Trainer to relay any concerns or special instructions.

During the health screening, our Health Staff will look for any communicable illnesses or conditions.

Campers will be sent home if the following are detected:

- **TEMPERATURE:** A camper has a temperature of 100 degrees F or above.
- **COMMUNICABLE ILLNESSES:**
A camper displays symptoms of a communicable disease, including, but not limited to:
 - mononucleosis (mono)
 - strep throat
 - conjunctivitis (pink eye)
 - influenza (flu)
 - pneumonia
 - pertussis (whooping cough)
 - chicken pox/shingles
 - skin rash or irritation
- **LICE:** ANY form of lice or nits are found on a camper's body or on the camper's belongings.
- **OTHER UNTREATABLE CONDITIONS:**
A camper has any condition that the Academy deems "untreatable" during a camp session.

HEALTH CENTER

The Academy Health Center is staffed 24-hours a day. We have a team of nurses and an Athletic Trainer. Our local doctor is on call 7 days a week. In addition, many of our staff have been trained in First Aid and CPR.



- **EYEGASSES:** If your daughter wears prescription eyeglasses or contacts, please send a second pair with her to the Academy. We will keep the extra pair in the Health Center. Please label both pairs with your daughter's first and last name. **Casual eyeglasses are not permitted on the soccer field. Contact lenses or athletic eyewear are required.**
- **DENTAL AND ORTHODONTURE:** Parents of children with special dental needs or who are undergoing orthodontic treatment should relay any special instructions to us on the "Health History Form".
- **INSURANCE:** Medical attention in our Health Center is covered by tuition. Any additional medical charges incurred while at the Academy are the responsibility of the child's parents.



- **PARENT/GUARDIAN NOTIFICATION GUIDELINES:** Our medical staff will contact home if:
 - your child is injured and unable to train;
 - your child needs to be seen by an outside health provider;
 - your child needs to spend the night in the Health Center;
 - there is an emergency;
 - your child menstruates for the first time; or
 - we have a medical concern or question about your child.

We will not contact home for routine issues unless the medical staff deems such contact necessary.



MENTAL HEALTH

You are required to inform us before the summer if your child is being treated for a mental health condition. This enables us to determine whether we can make necessary accommodations so that your child is able to thrive in our community. If we learn, during a session, that your child is being treated for a mental health issue about which we have not been informed, and we can not accommodate that issue, we will ask you to pick your child up, and tuition will not be refunded.



HEALTH CHECK-IN AT HOME

Upon your child's return home, we suggest you check in with her about her health. If she mentions or you notice any changes in her health, we ask that you communicate with us in addition to contacting your family medical professional.



MEDICATION

Athletes are **not** allowed to keep any medication (except for inhalers, insulin and Epipens) on their person or in their cabin while at the Academy. All medication (over-the-counter or prescription) must be reported on the "Health History Form" and stored in the Health Center. This includes birth control pills, vitamins, TUMS, etc.

- **PRESCRIPTION:** You must indicate on the "Health History Form" whether your child requires prescription medication while at the Academy. Bring the medication to the Academy **in its original container**. Place the medication in a plastic zip-lock bag along with the completed and signed "Medication Collection Form".

** Do not instruct or let your daughter take a "break" from her medication while at the Academy. If her doctor has prescribed medication, she should continue this medication while at the Academy. Although we recognize the appeal of taking a break from the rigors of a medication schedule, the effect can be detrimental to the camper's experience and to the entire Academy community.*

- **OVER-THE-COUNTER:** Our Health Center stocks an array of over-the-counter medication and treatment options. Parents can indicate on the "Health History Form" the medications that are appropriate to treat minor ailments. The following is a **partial** list of items we stock. **Please do not send any of these items with your athlete:**

- | | | |
|---|-----------------------|--|
| • Advil (Ibuprofen) – pills and liquid | • Heat Pads | • Throat Lozenges |
| • Aloe Gel Sun-Burn Cream | • Immodium | • Throat Spray and Cough Syrup |
| • Bacitracin & Triple Antibiotic Ointment | • Midol | • TUMS - antacids |
| • Benadryl | • Mylanta | • Tylenol (acetaminophen) – pills, liquid & chewable |
| • Calamine, Caladryl & Anti-itch Cream | • Sudafed | |
| • Dramamine | • Swimmer's Ear Drops | |

- **SUNDRIES:** Convenience items such as toothbrushes, toothpaste, and soap are available in the Health Center by request and are complimentary.



➤ **SELF-ADMINISTERED MEDICATIONS:**

Please note on the “Health History Form” if your daughter needs to keep an inhaler, insulin or EpiPen on her person. If so, please send her with **two** inhalers and/or EpiPens (one for her and one to be kept in the Health Center.) The health staff will evaluate the child’s technique for administering the medication to ensure proper administration.

RULES AND POLICIES



GENERAL POLICIES

Please review the following rules with your daughter before she arrives at the Academy:



- **FOOD:** Food is not allowed outside the Dining Hall, especially in the cabins. Please do not bring outside food to the Academy.
- **CANDY, GUM & SEEDS:** Candy, gum and sunflower seeds are not permitted at the Academy. These are messy and attracts pests.
- **SUBSTANCES:** The use of cigarettes, drugs (including marijuana) and alcohol is strictly prohibited. Any athlete violating this rule will be asked to leave, and there will be no refund.
- **BULLYING:** We do not tolerate disrespectful and/or inappropriate language or behavior toward peers or staff. Athletes engaging in such behavior may be dismissed at the discretion of the Directors.
- **PRANKS & PRACTICAL JOKES:** Behavior involving any kind of prank or practical joke is not tolerated at camp. This is a form of bullying, and campers or staff participating in such antics will be sent home.
- **GRAFFITI:** Any athlete defacing Academy property will be billed for damages and may be dismissed at the discretion of the Directors. This includes the writing of names or initials on furniture, walls or other property.
- **HAZARDOUS ITEMS:** Knives, blades and weapons of any type are prohibited. Laser pointers, matches, lighters, and fireworks are also prohibited. These items will be immediately confiscated, and athletes possessing them will be sent home.

GRATUITIES

Giving gratuities or gifts to counselors and staff is prohibited. Every staff member is apprised of this policy and understands that if they accept a gratuity or gift, they will be forfeiting their position at the Academy. The American Camp Association has established this policy as a camp standard.



ELECTRONIC DEVICES

We strive to provide positive experiences for all of our athletes. One of the ways we accomplish this is by giving them a break from electronics, thereby encouraging them to socialize and recreate in other ways. This policy also safeguards and protects your daughter. We thank you in advance for your cooperation with and support for these policies:



- **CELL PHONES:** Athletes must leave their cell phones at home. Cell phones brought to camp are collected, labeled and stored in the Academy office and can be picked up prior to departure on the last day. Athletes, ages 10-12 and first-time campers, do have the opportunity to schedule one phone call home per session from the office line (see the Communication section for more information).
- **CAMERAS:** Simple point-and-shoot or disposable cameras are permitted, and athletes are allowed to keep them in their cabins. Cameras that access the Internet or place phone calls are **not** permitted.

- **MUSIC:** iPods and MP3 players that only play music and have no other photo, Internet or phone capabilities are permitted (ie: an iPod shuffle or similar version). Athletes can **only** use these devices in their cabins.

All other electronic devices are strictly prohibited, including but not limited to: video game players such as tablets, iPads, iPod Touch, Gameboys and PSP's, DVD players, video cameras, laptops, TV's and stereos. Any such items that are brought to the Academy will be stored in the office and returned upon departure.

ARRIVAL AND DEPARTURE DAYS

ARRIVAL DAY:



Arrival Time is between 9:30 and 10:30 am on the first day of each session. To speed the arrival process and minimize waiting, arriving campers are split into two groups. New campers will arrive between 9:30 am and 10:00 am, and returning campers will arrive between 10:00 am and 10:30 am. You will be notified of your arrival group approximately two weeks before the session. Please arrive **ONLY** during your 30 minute arrival window. Review the Arrival Day schedule below for more details.

When you arrive at the Academy by car, an Academy staff member will help unload your car and deliver baggage to your daughter's cabin. **Please do not unpack your child's bags.** The counselors will assist your child and use this time to get acquainted.



Tip: Our "Away from Home Guide" contains many more details about Arrival Day. It provides helpful information and advice on how to ensure a smooth and successful transition, regardless of how many times your athlete has stayed away from home.

ARRIVAL DAY SCHEDULE:

9:30-10:00 am Arrival	10:00-10:30 am Arrival	ACTIVITY
9:30 - 11:00 am	10:00 - 11:00 am	ORIENTATION STATIONS: Families visit each Orientation Station including (but not limited to): <ul style="list-style-type: none"> • Health Screening • Health Center Tour • Phone-Call Appointment • BSA Gear Pick-Up • Electronics & Food Drop-Off • Pick-Up Authorization • Photo Booth
11:00 am	11:00 am	CABIN GATHERING: Campers assemble in their cabin groups on the Rec Deck to meet their cabin-mates and counselors
10:30 - 11:00 am	10:30 - 11:00 am	OPTIONAL TOUR OF THE RESIDENTIAL FACILITIES: Leave from the first check-in station
11:15 am	11:15 am	INTRODUCTION: Gather for a brief, OPTIONAL introduction
11:45 am	11:45 am	ALL FAMILIES DEPART
Noon	Noon	LUNCH for campers & staff

DEPARTURE & VISITING DAY:

Departure time is between 3:00 pm and 4:00 pm on the last day of each session. We provide a cohesive closing to each session, so please arrive **ONLY** during this one-hour window. Review the Departure Day schedule below for more details.



Athletes will **only** be allowed to depart with their parent/guardian unless written authorization for an alternate arrangement is provided on our required online "Transportation Form", due 2 weeks prior to arrival. If a last-minute pick-up change must be made, please notify the Academy office prior to departure day.

DEPARTURE DAY SCHEDULE: Normal Day

3:00 pm	Front gate opens
3:00 - 4:00 pm	Families are welcome to watch the last soccer training, usually a tournament style session
4:00 pm	Closing Ceremonies
4:15 pm	Snack for all athletes and families provided
4:30 pm	All families depart - Upon departure, families pick up camper baggage, medication, and electronics

DEPARTURE DAY SCHEDULE: Rainy Day

3:00 pm	Front gate opens
3:00 - 3:30 pm	Retrieve bags and meds from under the Shelter opposite the office
3:30 - 4:00 pm	Closing Ceremonies & Snack - Dining Hall
4:15 pm	All families depart



Please note these important Arrival and Departure Days policies:

- **BAGGAGE:** Please do not ship baggage to the Academy. Regardless of whether they fly or drive to the Academy, athletes must bring their baggage with them. One large, soft-sided duffel and one small equipment bag should suffice. **Do not bring a hard-faced trunk.**
- **NON-PARENT VISITORS:** If you bring other family members to the Academy, either on Arrival or Departure Day, you are responsible to supervise them at all times, as the Academy cannot be responsible for their safety.
- **NO OPEN VISITATION POLICY:** The Academy does NOT have an open visitation policy; however, we do invite families to visit on Departure Day. No exceptions will be made.
- **NO PETS:** Please do not bring pets to the Academy.

BRIDGE PROGRAM



The Bridge Program is optional and provides a fun, 2-day extension to the BSA experience. Bridge Programs are great for athletes attending back-to-back sessions or who desire a weekend pickup. During the Bridge, athletes enjoy much-needed downtime after an intensive week of soccer training. Bridges usually include sleep-in mornings, longer waterfront periods and at least one day-trip to a Berkshire attraction such as white water rafting or zip lining.

BRIDGE DEPARTURE DAYS:

On all bridge days, departure times are between 3:00 pm and 4:30 pm.

- Bridge A: Saturday, June 22
- Bridge B: Saturday, June 29
- Bridge C: Saturday, July 6
- Bridge D: Saturday, July 13
- Bridge E: Saturday, July 20
- Bridge F: Saturday, July 27
- Bridge G: Saturday, August 3



NOTE: It is important to adhere to these times. If alternate arrangements are necessary, please contact the office at least one week prior to arrival.

BRIDGE DEPARTURE DAY SCHEDULE: Normal Day

3:00 pm	Front gate opens
3:00 - 4:00 pm	Families are welcome to watch our final activity of the day
4:00 pm	Checkout
4:30 pm	All families depart - Upon departure, families pick up camper baggage, medication, and electronics

BRIDGE DEPARTURE DAY SCHEDULE: Rainy Day

3:00 pm	Front gate opens
3:00 - 3:30 pm	Retrieve bags and meds from under the Shelter opposite the office
3:30 pm	All families depart

LIFE AT THE ACADEMY

SAMPLE SESSION SCHEDULE:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Connected & Safe	Challenge Yourself	Finding the Groove	Step-up & Perform	Show Off
	Wake-up & Breakfast	Wake-up & Breakfast	Wake-up & Breakfast	Wake-up & Breakfast
	Mental Skills	Mental Skills	Mental Skills	Mental Skills
Arrival & Orientation	Soccer Session 2	Soccer Session 4	Soccer Session 6	Soccer Session 8
Getting Started	Elective 2	Elective 4	Elective 6	Elective 8
Lunch	Lunch	Lunch	Lunch	Lunch
Settle into Cabins	Rest Hour	Rest Hour	Rest Hour	Elective 9
Soccer Session 1	Soccer Session 3	Elective 5	Soccer Session 7	Soccer Session 9
	Elective 3	BSA Tournament Breakout & Cabin Time	Elective 7	Closing Ceremony
Elective 1	Dinner	Dinner	Dinner	Bridge Begins
Dinner	Elective Commercials & Sign-up	Elective Commercials & Sign-up	Elective Commercials & Sign-up	
Opening Campfire	Cabin Cup	Soccer Session 5	Closing Campfire	
Cabin Time	Cabin Time	Cabin Time	Cabin Time	



NOTES ON DAILY ROUTINES:

- Campers do not typically change clothes during the day.
- Most campers shower in the evening before bed.
- During rest hour in the cabins, campers typically nap, read, journal or play quiet games.
- Campers only spend time in their cabins during wake-up, rest hour, and bedtime.
- All cabins are air conditioned.

SOCCER PROGRAM:

- There are typically 2 soccer sessions per day.
- Campers are divided into training groups by skill level and by age.
- Soccer balls are provided for all campers.
- Cold water and a sports drink are available for campers at every soccer session.

EVALUATIONS:

At the end of each camper's final session, she and her parents receive, via e-mail, an evaluation of her soccer skills. The evaluation discusses the athletes' strengths, skills to improve, areas of greatest improvement while at Berky and areas that should be the focus of continued practice. The evaluation is prepared by one of the head coaches who spent the week with the athlete's training group with assistance, as required, from Assistant and Master coaches who worked with the athlete.

GOALKEEPER TRACK:

Goalkeepers enjoy at least one, 45-minute keeper-specific training session each day. During these sessions, goalkeepers work with our keeper staff focusing on techniques like positioning, catching, diving and distribution. Goalkeepers train as field players during all other soccer sessions to develop necessary foot skills. Both new and experienced goalkeepers are welcome. Please bring at least one keeper jersey and one set of gloves.

There is no extra charge for this track, and it is available during all sessions except Session 1 (TeamFirst). Athletes must register for this track before the start of each session. Register by completing the goalkeeper application on the Camper Application or by contacting the office. On Arrival Day, athletes confirm their participation in this track.



PRIVATE TRAINING SESSIONS:

Athletes who want more instruction on a specific skill can sign up for a one hour private training session at a cost of \$150. Private trainings are led by Master and Head Coaches. They take place on Monday through Thursday in the morning before breakfast and during elective periods and do not conflict with regular soccer training or special events. Private training sessions are scheduled on a first-come, first-served basis and are generally completely booked up before camp begins.

On Arrival Day, athletes confirm their private training session(s) and select their training topics. Register for a Private Training Session on the Forms Dashboard in your BSA account online.

ELECTIVE PROGRAM:

- Each evening, campers choose their electives for the following day. Electives include, but are not limited to: Yoga, Waterfront, RecDeck, Chill Time, Arts and Crafts, Outdoor Adventure, Fishing, Cooking, Soccer Elective and Archery.
- The Waterfront elective is a popular selection for campers and is available during every elective period, weather permitting. The Waterfront elective includes swim (play on the aqua playground), canoe and stand-up paddleboard.
- Elective offerings vary depending on weather, availability of qualified staff and programming considerations.



SPECIAL EVENTS AND EVENING ACTIVITIES:

Special Events and Evening Activities are unique to each session, ensuring a variety of experiences for multiple session campers.



WATER CONSERVATION AND SHOWER TIMES:

Massachusetts state regulations require us to monitor and limit our water usage. In an effort to control consumption, all campers and staff are required to shower in 7 minutes or less. To support this objective, we have installed shower timers. Please discuss our conservation efforts with your daughter prior to arrival.

LAUNDRY:

Laundry service is not provided during any camp session. We recommend ALL athletes bring a personal laundry bag to collect laundry to be washed at home.



*** Multiple Session Campers:** The Academy provides free laundry services for campers staying for more than one session. Items listed below are laundered over the weekend between sessions.

Laundered Items: All clothing, under-garments, towels, sheets.

Items Not Laundered: Pillows, comforter, sleeping bag, overcoat, shoes, shin guards, goalkeeper gloves.



REFER-A-FRIEND GIFT:

If a camper or camp family refers one or more friends to the Academy, the camper will receive a one-of-a-kind gift which can be picked up on Arrival Day.

BSA STORE:



BSA STORE - AT THE ACADEMY:

A physical store is open daily all summer long, including on Arrival and Departure Days. BSA logoed clothing is available for purchase in the store. Food and beverages are not sold at the BSA Store.

The BSA Store does not accept cash or checks. Athletes use their “BSA Store Account” to fund purchases at the BSA Store. Money can be allocated to this account before or during a camp session in the following manner:

1. ONLINE - BEFORE CAMP SESSION

1. Log in to your BSA Account
2. Go to “View Accounts”
3. Under BSA Store, click the “Fund” button

2. AT THE ACADEMY

On Arrival Day, complete a form at the BSA Store during Orientation.

Parents set a spending limit on the account and athletes cannot exceed this limit. Parents can fund the account as often as they like. **Money that is not spent will be refunded to the credit card.**

Click “View Accounts” in your BSA Account to track items purchased and account balance.



BSA STORE - ONLINE:

Beginning in the spring of 2019, camp families will be able to shop for Berky merchandise at an online store which will be accessed through our web-site. Camp families will be notified as soon as the online store is operational. The online store will display all items that are sold in our on-site camp store.

Items ordered online will be ready for pickup at the camp store on arrival day. We encourage online ordering to insure that all campers are able to purchase the items that they want in the correct sizes. Items retrieved at camp that do not fit properly can be exchanged for different sized items, provided that the requested size is in stock. Returns will only be permitted if the correct size is unavailable.

Items ordered online will be delivered at camp only. They can not be shipped.

PACKING FOR THE ACADEMY

BSA GEAR

Each athlete receives BSA Gear as part of her tuition. Please indicate t-shirt size on the Camper Application. The gear, which is picked up at the Academy on Arrival Day, includes:

2+

- **BSA Sessions:** 5 T-Shirts, 1 Berky Cinch Bag
 - * **Multiple Session Campers:** Athletes enrolled in more than one session receive one set of gear which is laundered between sessions.
 - **TeamFirst Session:** 5 T-Shirts, 1 Nike Ball, 1 Berky Cinch Bag
 - * Each athlete will have the opportunity to have one personal item autographed by TeamFirst and receive a photo with the stars.
- Athletes wear their own soccer shorts and socks to all training sessions.
 - Athletes generally wear the same clothes all day but can change clothes if necessary.
 - All athletes use the **Berky Cinch Bag**, included in the **BSA Gear**, to carry daily essentials such as sunscreen, a beach towel, a swimsuit and a water bottle.
 - Additional BSA apparel is available for sale at the BSA Store.

LABELING

We strongly encourage all clothing and possessions, including sports equipment and footwear, be labeled with the athlete's first and last name. Sewn nametapes are best, but iron-on tapes and indelible pens and stamps also work. We recommend www.LabelDaddy.com for your labeling needs.



CLOTHING POLICIES

We have established the following clothing policies for safety reasons and to make all athletes and staff feel more comfortable.

1. **TOPS:** All attire should be casual or athletic. Tops must have two straps and be long enough to fully cover midriff. Athletes may not train or swim in sports bras.
2. **SWIMWEAR:** One-piece athletic bathing suits are required.
3. **JEWELRY:** Refrain from bringing unnecessary jewelry. Earrings must be straight studs. Dangling jewelry can be dangerous and is not allowed. Jewelry may not be worn during soccer sessions.
4. **EYEWEAR:** Casual eyeglasses are not permitted at the lake, on the soccer field or during any physical activities. Athletes requiring prescriptive eyewear must wear either contact lenses or athletic eyewear.
5. **FOOTWEAR:** In order to prevent injuries, all staff and athletes are required to wear shoes with **heel straps** outside of the cabins at all times. We strongly encourage athletes to wear breathable footwear, allowing feet to dry between training sessions. Examples of acceptable footwear are shown below. **Flip flops may ONLY be worn inside the cabins.**

• **Open-toe with heel support = OKAY!**



• **Closed-toe with heel support = OKAY!**



• **Covered heel and toe = OKAY!**





PACKING LIST

This is a suggested list of items to bring to one, week-long session. Adjust quantities accordingly for multiple sessions.

While summer days in the Berkshires can reach 80-90° F, nights can cool down to as low as 50° F.

Each camper cabin has an air conditioning unit to ensure a cool environment during rest hour and at night. Please do not bring fans.

CLOTHING

- Underwear (10)
- Bras and Sports bras (4-6)
- Athletic/casual socks (5)*
- Short sleeve t-shirts (2)
- Long sleeve t-shirt (1)
- Sweatshirt or warm-up jacket (1)
- Soccer shorts (5)
- Sweatpants or warm-up pants (1)
- Warm sleepwear (1)
- Lightweight sleepwear (1)
- Waterproof rain jacket or poncho (1)
- Hat (cap, visor, or bucket hat) (1)
- One-piece athletic swimsuit (2)

ATHLETIC

- Shin guards (1)
- Soccer socks (6-10)*
- Goalie gloves (1-2) (goalkeepers only)
- Knee/ankle brace (1) (if required)
- Athletic eyewear (1) (if required)
- Water bottle (1)
- Soccer bag (1)

FOOTWEAR **

- Athletic sneakers (1)
- Soccer cleats (1)
- Waterproof sandals or water shoes with heel strap (ie: Crocs) (1)
- Slippers or flip-flops for cabin only (1)
- Shower shoes (1)

* Fresh, dry socks should be worn as often as necessary to maintain clean, dry feet.

** Shoes with heel-straps must be worn at all times.



IMPORTANT PACKING TIPS:

- Label all clothing and equipment.
- Do not bring a hard-faced trunk.
- Food and cell phones are not allowed.
- We provide **soccer balls** for all athletes.
- Laundry is provided for multiple session athletes only.
- All athletes need a **water bottle!**
- Consult **"Away From Home Guide"** for more tips on preparing for camp.

BED & BATH

- Standard pillow (1)
- Set of cotton twin sheets (1) (fitted sheet, top-sheet, and pillowcase) and/or comforter or sleeping bag ***
- Personal laundry bag
- Bath towel (2)
- Beach towel (1)
- Shower caddy/organizer
- Toothbrush, toothpaste, floss
- Travel size body wash or bar of soap
- Travel size shampoo and conditioner
- Hair brush or comb
- Hair elastics, clips, headbands
- Feminine hygiene products
- Sunscreen
- Lip Balm
- Insect repellent
- Deodorant

*** Every mattress is already topped with a quality foam pad.

ACCESSORIES (Optional)

- Flashlight or head lamp (with extra batteries)
- Disposable or basic camera
- Personal music player, ie: iPod shuffle or nano (optional)
- Non-Electronic Game: Book, deck of cards, Sudoku/Crossword book****

**** Please refer to the Academy's Electronics Policy on pages 7-8

COMMUNICATION



We understand that parents and athletes want to maintain contact while away from home, but we have found that too much communication with home increases home-sickness and distracts our athletes from engaging in all the Academy has to offer. With that in mind, we have developed an **“Away From Home Guide”**. We highly recommend every family read through it together to learn about ways to optimize the Academy experience. We have also established the following communication policies:



➤ **CELL PHONES:** Cell phones are not allowed at the Academy. We understand the desire to bring a cell phone to camp. Nowadays, many parents feel they are a safety measure. In actuality, cell phones present more risks and problems than benefits. Please contact the office if you have any questions about this policy.



➤ **SCHEDULED PHONE CALL HOME:** Athletes aged 10-12 and first-time campers can make one *optional* phone call per session. Multiple session campers may call home once a week. Calls are made from the office phone lines, typically before or after meals or during rest times to prevent missing any training sessions or activities. **Families must schedule the call appointment during orientation on Arrival Day.** The phone call home is optional.



➤ **PHOTOS:** Our media team captures thousands of photos throughout the summer. Photos are published online regularly, and camp families are notified as soon as new photos are posted. More information on accessing our photos is provided on Arrival Day. We do our very best to publish a diverse selection of camper photos; however, we do not guaranty that we will publish a photo of every athlete. From experience, we know that there are never enough photos to satisfy the demand.

➤ **VIDEOS:** Our media team produces videos throughout the summer. Videos are available to view online. Families of enrolled campers are notified as soon as new videos are posted. More information on accessing our videos is provided on Arrival Day.

➤ **FACEBOOK:** Our “Berkshire Soccer Academy Families” public group on Facebook enables parents of enrolled campers to connect with other Academy families before the summer. To join, go to: <https://www.facebook.com/groups/berkysoccerfamilies/>

➤ **INSTAGRAM:** Follow us on Instagram year-round, at: <https://www.instagram.com/berkysoccer/>

➤ **SNAIL MAIL:** BSA postcards are sold at the BSA store. We encourage this age-old camp pastime.



➤ **E-MAIL:** During camp, parents and campers can keep in touch via e-mail by using the “E-mail” tool on the BSA Account dashboard. A guide to e-mail communication is available on your Forms Dashboard.

- **Parent-to-Camper Messages:** Parents can compose and send **unlimited e-mail messages** to their camper(s) free of charge. E-mails are printed in black & white ink and delivered to athletes at lunchtime each day during “Mail Call”. E-mails received before 10:00 am will be distributed on the day received. E-mails received after 10:00 am will be distributed the next day.



- **Camper-to-Parent Messages:** We are currently revamping and improving our camper to parent communication system and will notify all families when the new system is in place.

- **PACKAGES:** The Academy **does** allow athletes to receive packages during their stay. We do open and screen all packages for any prohibited items such as food, candy, beverages and hazardous items. Prohibited items are removed from the package and discarded.
- **OFFICE HOURS:** We encourage parents with questions or concerns to contact the main office phone number at (800) 326-9219. It is best to call between 7:00 am and 7:00 pm. The office sometimes closes during meals, but you may always leave a message. We return calls as soon as possible. While we always try to keep a phone line open to receive calls, you may occasionally experience a busy signal. If the phone is busy, you can e-mail us.
- **CONTACT WITH TRAVELING PARENTS:** We ask parents who are vacationing or traveling during the session to notify the Academy and provide alternate contact information, if necessary.

TRAVEL TO AND FROM THE ACADEMY

Complete the online “Transportation Form”, found on your BSA Account dashboard, and submit it **2 weeks prior to Arrival Day**. This document lets us know how your camper will travel to and from the Academy.



BY CAR: Driving directions are provided on page 17 of this Handbook. Please adhere to the specified arrival and departure times on pages 8-9.



BY PLANE: Athletes traveling by air to the Academy as unaccompanied minors will receive complimentary ground transportation to or from the Academy so long as the following arrival and departure specifications are adhered to:

- **AIR TRAVEL TO THE ACADEMY:**

Reserve a flight that is scheduled to arrive at Bradley International Airport (BDL) by 10:00 am on Arrival Day. We will contact you before the session to let you know the exact name and cell phone number of the BSA staff member who will meet your daughter at BDL airport. Once your daughter is off the plane and met by our staff member, he or she will call you to confirm your daughter’s arrival.

- **AIR TRAVEL RETURNING FROM THE ACADEMY:**

Schedule a flight to depart from Bradley International Airport (BDL) after 6:00 pm on Departure Day. One of our staff members will accompany your daughter to the security check-point at Bradley International Airport (BDL).



*** If the time parameters above do not work for your family, please contact the office.**

GENERAL AIR TRAVEL NOTES

- Please make sure that your daughter has a **photo ID** and that her luggage complies with airline guidance. Consult your carrier for current travel requirements and arrive at the airport well in advance of the scheduled flight.
- Consult our “**Away From Home Guide**” for more travel tips.

CROSS COUNTRY AND INTERNATIONAL AIR TRAVEL NOTES

- Athletes traveling internationally or across the country can arrive the day before camp begins and depart the day after camp ends if flight times do not fit specified times. They can stay overnight at the Academy.

DIRECTIONS TO THE ACADEMY



Directions are provided below. **For purposes of satellite navigation, our address is 620 Reservoir Road, Otis, MA.** Please feel free to contact the Academy with any questions about the best route. Enjoy the beautiful drive on Route 8 and be sure to allow a little extra time to insure a timely arrival.

FROM ALBANY (approx. 62 miles; 1 hour 20 minutes)

Take I-90 East toward Taconic Parkway/Boston. Take Exit 2 for US 20 East. Turn Left at US 20 East (Housatonic St.). Follow for 6.9 miles and turn Right onto MA-8 South. Follow for 5.6 miles and turn Left onto MA-23 East. Follow for 3.1 miles and turn Right onto West Shore Road. There will be a “Berkshire Soccer Academy” sign on your right just before reaching West Shore Road. Continue straight onto Pine Road and then onto Reservoir Road. Take the second entrance on the Left and proceed to the welcome gate.

FROM BOSTON (approx. 115 miles; 2 hours 15 minutes)

Take I-90 West to Exit 3 toward US 202/MA-10 (Westfield/Northampton). Turn Right on MA-10 South/US 202. After 0.9 miles take slight Left on Union Avenue. In 0.4 miles, continue ahead on North Elm Street for 0.2 miles. Turn Right onto Franklin Street. Continue onto US 20 West (Russell Road) for 4.9 miles. Turn Left onto MA-23 W (Blandford Road) for 11.8 miles. Turn Left onto West Shore Road. There will be a “Berkshire Soccer Academy” sign on your right just before reaching West Shore Road. Continue straight onto Pine Road and then onto Reservoir Road. Take the second entrance on the Left and proceed to the welcome gate.

FROM HARTFORD (approx. 55 miles; 1 hour 10 minutes)

Take I-91 North to Exit 3 to merge onto US-5 (toward West Springfield). Take the exit for US 20 West toward Springfield/West Springfield. At the traffic circle, take the 3rd exit onto Park Street. Turn Right onto Elm Street. Then take slight Left onto US-20 W (Westfield Street). Follow US 20 West for 7 miles. Slight Right onto Main Street, then slight Right onto North Elm Street. Turn Left at Franklin Street. Continue onto US-20 W (Russell Road) for 5 miles. Turn Left onto MA-23 West (Blandford Road) for 11.8 miles. Take a Left onto West Shore Road. There will be a “Berkshire Soccer Academy” sign on your right just before reaching West Shore Road. Continue straight onto Pine Road and then onto Reservoir Road. Take the second entrance on the Left and proceed to the welcome gate.

FROM NEW JERSEY (approx. 130 miles; 2 hours 20 minutes)

Garden State Parkway North to 87/287 East. Cross the Tappan Zee Bridge and take I-287 East to I-684 North; or take George Washington Bridge to Henry Hudson Parkway North to Cross County East to Hutchinson River Parkway North to 684 North. From I-684 North follow directions below FROM WESTCHESTER.

FROM NEW YORK CITY (approx. 130 miles; 2 hours 30 minutes)

Take 87 (Deegan Expressway) North to 287 East; or 95 North to 287 West or Hutchinson River Parkway North to I-684 North. From I-684 North follow directions below FROM WESTCHESTER.

FROM WESTCHESTER (approx. 110 miles; 1 hour 50 minutes)

Take I-684 North to I-84 East towards Danbury. At Waterbury take Exit 20 on the Left to CT-8 North toward Torrington for 28 miles. Highway ends and brings you to traffic light. Turn Right onto South Main Street (still Route 8). Turn Right onto Park Place (still Route 8). Continue straight on CT-8 N for 16 miles. Route CT-8 becomes MA-8 when you enter Massachusetts. Turn Right onto Reservoir Road. There will be a “Berkshire Soccer Academy” sign on your right just before reaching Reservoir Road. Travel 1.5 miles on Reservoir Road. Turn Right into the first camp entrance. Proceed to the welcome gate.

STAYING IN THE AREA

Many BSA families take advantage of our location in the Berkshires, and spend a few days exploring one of the most popular vacation spots in the Northeast. We suggest making your hotel reservations well in advance, as rooms in the Berkshires are scarce during the summer. For further information, refer to this list or call the Berkshires Reservation Center at: 888-256-7480.

EAST OTIS, MA

(5 minutes)

Lakeside Estates Bed, Breakfast & Cottage Rentals
99 Kibbe Road
(413) 269-9900
www.lakesideestatesbnb.com

OTIS, MA

(5 minutes)

Maplewood Lodging
266 North Main Street, Route 8
(413) 269-7351
www.maplewoodlodging.com

LEE, MA

(20 minutes to the Northwest)

Applegate Inn
279 West Park Street
(413) 243-4451
www.applegateinn.com

Black Swan Inn
435 Laurel Street
(413) 243-2700
www.blackswaninnberkshires.com

Chambery Inn
199 Main Street
(413) 243-2221
www.chamberyinn.com

Devonfield Inn
85 Stockbridge Road
(413) 243-3298
www.devonfield.com

Morgan House
33 Main Street
(413) 243-3661
www.morganhouseinn.com

Pilgrim Inn
165 Housatonic Street Rte. 20
(413) 243-1328
www.pilgriminn.net

SOUTH LEE, MA

(20 minutes to the Northwest)

Federal House Inn
1560 Pleasant Street Rte. 102
(413) 243-1824

LENOX, MA

(30 minutes to the Northwest)

Apple Tree Inn
10 Richmond Mountain Road
(413) 637-1477
www.appletree-inn.com

Birchwood Inn
7 Hubbard Street
(800) 524-1646
www.birchwood-inn.com

Blantyre
16 Blantyre Road
(844-881-0104
(413) 298-1661
www.blantyre.com

Brook Farm Inn
15 Hawthorne Street
(413) 637-3013
www.brookfarm.com

Canyon Ranch Resort
165 Kemble Street
(413) 637-1364
www.canyonranch.com/lenox

Chesapeake Inn
210 West Street
(413) 637-3429
(800) 966-3429
www.chesapeake-inn.com

Cornell Inn
203 Main Street
(413) 637-0562
(800) 637-0562
www.cornellbb.com

Cranwell Resort and Hotel
55 Lee Road
(413) 637-1364
www.cranwell.com

Eastover Resort
430 East Street
(866) 264-5139
www.eastover.com

Garden Gables Inn
141 Main Street
(413) 637-0193
www.gardengablesinn.com

Gateways Inn
51 Walker Street
(413) 637-2532
www.gatewaysinn.com

Hampton Inn & Suites
445 Pittsfield Road
(413) 499-1111
www.hamptoninn3.hilton.com

Hampton Terrace B&B
91 Walker Street
(413) 637-1773
www.hamptonterrace.com

Hilton Garden Inn
1032 South Street
(413) 448-2222

Howard Johnson's
462 Pittsfield Road
(413) 442-4000

Kemble Inn
2 Kemble Street
(413) 637-4113
www.kembleinn.com

Knights Inn Lenox
474 Pittsfield Road
(413) 443-4468

Lenox Inn
525 Pittsfield Road
(413) 499-0324
www.thelenoxinn.com

The Ponds at Foxhollow
3 Foxhollow Drive
(413) 637-1469
www.pondsatfoxhollow.com

Rookwood Inn
11 Old Stockbridge Road
(413) 637-9750
www.rookwoodinn.com

Seven Hills Inn & Resort
40 Plunkett Street
(413) 637-0060
www.sevenhillsinn.com

Village Inn
16 Church Street
(413) 637-0020

Wheatleigh
11 Hawthorne Road
(413) 637-0610
www.wheatleigh.com

Whistler's Inn
5 Greenwood Street
(413) 637-0975
www.whistlersinnberkshires.com

The Yankee Inn
461 Pittsfield-Lenox Road
(413) 499-3700
www.yankeeinnc.com

PITTSFIELD, MA

(30 minutes to the North)

Berkshire Inn
150 W. Housatonic Street
(413) 443-3000
www.theberkshireinn.com

Best Western Plus Berkshire Hills
1350 W. Housatonic Street
(413) 442-8714

Crowne Plaza
One West Street
(413) 499-2000

Travelodge
16 Cheshire Road
(413) 443-5661

GREAT BARRINGTON, MA

(40 minutes to the West)

The Barrington
281 Main Street
(413) 528-6159
www.thebarringtongb.com

Days Inn Berkshire
372 Main Street, Route 7
(413) 528-3150

Fairfield Inn & Suites
249 Stockbridge Road
(413) 644-3200
<http://www.marriott.com/hotels/travel/gbrfi-fairfield-inn-and-suites-lenox-great-barrington-berkshires/>

Holiday Inn Express & Suites
415 Stockbridge Road
(413) 528-1810

Inn at Sweet Water Farm
1 Prospect Lake Road
(413) 528-2882
www.innsweetwater.com

Lantern House Motel
265 Stockbridge Road
(413) 528-2350
www.lanternhousemotel.com

Monument Mountain Motel
247 Stockbridge Road, Route 7
(413) 528-3272
www.monumentmountainmotel.com

Mountain View Motel
304 State Road, Route 23
(413) 528-0250
www.themountainviewmotel.com

Thornewood Inn & The Point
Restaurant
453 Stockbridge Road
(413) 528-3828
www.thornewoodinn.com

Travelodge
400 Stockbridge Road, Route 7
(413) 528-2340

Wainwright Inn
518 South Main Street
(413) 528-2062
www.wainwrightinn.com