



ATHLETE HANDBOOK

Summer 2026

WELCOME LETTER

Dear Families,

Welcome to the Berkshire Soccer Academy, where girls discover their greatness on and off the field. Please review this Athlete Handbook with your daughter to help her feel ready and comfortable on the first day of camp and to get the most out of her experience.

At the Academy, we create an environment that allows campers and staff to feel safe, secure and supported. We do so by adhering to a set of rules and policies which are laid out in this handbook. **Please support our community by adhering to the rules and policies and by ensuring that your athlete understands them as well.**

Our "Away From Home Guide," which can be found on our website, is another great resource to help first-year campers and their families prepare for camp. We are always available to answer your questions.

We look forward to seeing you soon.

Warmly, *Katy & Paul*



Katy Kreiner



Mandie & Paul Titley

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KEY



NEW for
2026



Important or
Required



Talk to Your
Athlete



Multi-Session
Campers

FORMS CHECKLIST

All forms are due by May 1, 2026

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 by May 1st.**



REQUIRED ONLINE FORMS

HEALTH HISTORY FORM:

This online form is where we collect information on your child's health background and needs. Immunization records can be submitted online via this form.

TRANSPORTATION FORM:

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



ATHLETE PROFILE FORM: To be filled out by your camper

This form helps your daughter's counselors and coaches get to know her better before her arrival.

PLAYER PROFILE: To be filled out by a parent(s)

We share this information confidentially with your daughter's counselors and coaches to best support her.



REQUIRED HARDCOPY FORMS*

PARENT AUTHORIZATION FORM:

This form requires both a copy of current health insurance cards and a parent signature. The form must be dated and signed. Copies of all medical, prescription and dental insurance cards should be attached to this form.

PHYSICIAN'S EXAMINATION AND IMMUNIZATION FORM:

This 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. You can submit your daughter's immunization records via this form, 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. The statements: "All immunizations are up-to-date" or "This child is in good health" are **not** sufficient.

PERMISSION TO TREAT FORM:

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

*** 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. One form must be completed per medication and accompany the medication when it 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 a parent and a 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:

- an illness or injury contracted within two weeks before the start of a session
- a broken or fractured bone within 12 months of the start of a session
- a head injury or confirmed concussion within 12 months of the start of a session
- a 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)
- an ankle sprain within 6 weeks of the start of a session



CABIN REQUEST FORM AND CABIN PLACEMENTS: (Due April 1st)

If 2 or 3 athletes want to stay in the same cabin, they must request each other on this form, found on the BSA Account dashboard in the “Forms and Documents” section. We do not honor requests for more than 3 girls to bunk together. 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 cabin environment. We do our best to place campers in the same cabin as others of the same age and/or grade. Depending on session enrollment, we must sometimes place campers with those who are one grade/year older or younger. We do not place campers with those who are more than one year or grade apart.

* Requests for friends/teammates in a different grade may not be honored.

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

- 1 Upload forms as PDFs directly to your BSA Account * ***Preferred Method*** *
- 2 Fax to: (855) 315-3030
- 3 Mail hardcopies to: **BSA Winter Office:** (8/16 to 5/18) 588 Monroe Tpk, Suite 2A, Monroe, CT 06468
BSA Summer Office: (5/19 to 8/15) P.O. Box 1323, East Otis, MA 01029

HEALTH POLICIES AND PRACTICES



MEDICAL FORMS

The Commonwealth 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) **by May 1st**. 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 her medical forms, please contact us by phone or e-mail. It is important that we be made aware of all medical conditions ahead of time so that we can provide a safe environment for our athletes.



HEALTH SCREENING ON ARRIVAL

In order to maintain a healthy camp community, **ALL athletes and staff undergo a health screening upon arrival**. During the health screening, our health staff look for communicable illnesses or other medical 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)
 - Covid-19
 - pneumonia
 - pertussis (whooping cough)
 - chicken pox/shingles
 - skin rash
- **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, an athletic trainer, and a wellness specialist. Our local pediatric medical practice is on call 7 days a week. In addition, many of our staff have been trained in First Aid and CPR.



- **EYEGLASSES:** If your daughter wears prescription eyeglasses or contacts, please send a second pair with her to the Academy. Please label both pairs with your daughter's first and last name.
- **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 any mental health condition. This includes treatment they are receiving from a psychiatrist and/or a therapist or licensed counselor. This enables us to determine whether we can make the necessary accommodations so that your child can thrive in our community. If we learn during a session that your child is being treated for a mental health condition about which we have not been informed, and we cannot accommodate that issue, we will ask you to pick up your child and tuition will not be refunded. Please encourage your child to work with their care provider to address any concerns about attending camp and to identify and practice strategies to support the management of symptoms that may arise.



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, please communicate with us in addition to contacting your family's medical professional.



MEDICATION

- **PRESCRIPTION MEDICATION:** 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 zip-lock bag along with the completed and signed "Medication Collection Form".
- **OVER-THE-COUNTER ITEMS:** Our Health Center stocks many 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 | • Dramamine | • Swimmer's Ear Drops |
| • Allergy Medication (Zyrtec, Claritin) | • Heat Pads | • Throat Lozenges |
| • Aloe Gel Sun-Burn Cream | • Immodium | • Throat Spray and Cough Syrup |
| • Bacitracin & Triple Antibiotic Ointment | • Midol | • TUMS - antacids |
| • Benadryl | • Melatonin | • Tylenol (acetaminophen) - pills, liquid & chewable |
| • Calamine, Caladryl & Anti-itch Cream | • Mylanta | |
| • Dayquil/Nyquil | • Sudafed | |

All medication brought to the academy, prescription and over-the-counter, must be in its original packaging. This is a Massachusetts requirement. We can not accept any camper medication that is not in the original container.

Athletes are **not** allowed to keep any medication (except for inhalers, insulin and Epipens) on their person or in their cabin. All medication (over-the-counter or prescription) must be reported on the "Health History Form" and stored in the Health Center.

** 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.*

- **SUNDRIES:** Convenience items such as toothbrushes, toothpaste, and soap are available in the Health Center by request and free of charge. Sanitary products are available in the health center and in all shared bathrooms.



- **SELF-ADMINISTERED MEDICATIONS:** Please note on the "Health History Form" if your daughter needs to keep an inhaler, insulin or an 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 brought in from the outside is not allowed. Food may not be removed from the Dining Hall. Please do not bring food to the Academy.
- **CANDY, GUM & SEEDS:** Candy, gum, nuts and seeds are not permitted. They are messy and attract pests.
- **SUBSTANCES:** The use of cigarettes, drugs (including marijuana) and alcohol is strictly prohibited. Any athlete violating this rule will be sent home, 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 sent home 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. 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 sent home 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. Matches, lighters, and fireworks are also prohibited. These items will be immediately confiscated, and athletes possessing them will be sent home.
- **WIPES:** No wipes of any kind are permitted at the Academy. They damage our infrastructure and are harmful to the environment.

GRATUITIES

Giving gratuities or gifts to counselors and staff is prohibited. Each staff member is apprised of this policy and understands that if she accepts a gratuity or gift, she will forfeit her position at the Academy. The American Camp Association has established this policy as a camp standard.

ELECTRONICS

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 connect 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 who bring cell phones may not be invited to return.
- **CAMERAS:** Simple point-and-shoot or disposable cameras are permitted, and athletes may keep them in the cabin. Cameras that access the Internet or place phone calls are prohibited.
- **MUSIC:** iPods that only play music and have no other photo, Internet or phone capabilities are permitted (e.g. 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, iPads, iPod Touch, handheld gaming devices, DVD players, video cameras and laptops. 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

Campers will be assigned arrival times by age group. Siblings may arrive together at the time assigned to the youngest. Arrival times will begin at 9:00 am and will end at 11:00 am. Families will be notified of their arrival times approximately two weeks before the start of their session.

Upon arrival, campers will undergo a health check and a lice check, and baggage will be unloaded. Campers and parents can briefly exit their vehicle to take a photo. Campers will then join their coaches, cabin mates and counselors on the rec deck, and parents will head back home. Before departing, parents will be able to visit a guest bathroom and drop off any medication with our nurses.



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 slept overnight away from home.

DEPARTURE DAY

Departure time is between 4:00 pm and 5:00 pm on the last day of the session. Gates will open at 3:30 pm. Athletes will only be allowed to depart with their parent, guardian or with another adult authorized to pickup. Parents will pull up to the shelter opposite the office where they will retrieve bags and meds. They will then pickup their camper(s) at the parking lot and have the opportunity for a bathroom break before exiting the camp.



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

Please note these important Arrival and Departure Day 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.**
- **NO OPEN VISITATION POLICY:** Visitors are not permitted. No exceptions will be made.
- **NO PETS:** Do not bring Pets. Pets will not be permitted to exit vehicles.

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 a week of training. Bridges usually include sleep-in mornings, longer waterfront periods and a day-trip to a Berkshire attraction such as white water rafting or an amusement park.

BRIDGE DEPARTURE DAYS:

Bridge departure for athletes not attending the next session are between 3:00 pm and 4:00 pm.

- Bridge A: Saturday, June 20
- Bridge B: Saturday, June 27
- Bridge C: Saturday, July 4
- Bridge D: Saturday, July 11
- Bridge E: Saturday, July 18
- Bridge F: Saturday, July 25
- Bridge G: Saturday, August 1
- Bridge H: Saturday, August 8



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.

LIFE AT THE ACADEMY

A typical session schedule appears below.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Connected & Safe	Challenge Yourself	Finding the Groove	Step-up & Perform	Show Off
Arrival & Orientation	Wake-up & Breakfast	Wake-up & Breakfast	Wake-up & Breakfast	Wake-up & Breakfast
	Mental Skills	Mental Skills	Mental Skills	Mental Skills
	Soccer Session 2	Soccer Session 4	Soccer Session 6	Soccer Session 8
Getting Started	Elective 2	Elective 4	Elective 7	Elective 9
Lunch	Lunch	Lunch	Lunch	Lunch
Settle into Cabins	Rest Hour	Cabin Time	Rest Hour	Elective 10
Soccer Session 1	Soccer Session 3	Elective 5	Soccer Session 7	Soccer Session 9
	Elective 3	Elective 6	Elective 8	Closing Ceremony
Elective 1	Dinner	Dinner	Dinner	Bridge Begins
Dinner				
Opening Campfire	Cabin Cup	Soccer Session 5 Berky Tourney	Closing Campfire	
Cabin Time	Cabin Time	Cabin Time	Cabin Time	

NOTES ON DAILY ROUTINES:

- Campers do not typically change clothes during the day.
- Campers shower in the evening before bed.
- Campers only spend time in their cabins during wake-up, rest hour, and bedtime.
- During some rest hours, older campers are able to hang out in the Lakeside Lounge.
- During rest hour in the cabins, campers typically nap, read, journal, write home or play quiet games.
- All cabins have thru-wall air conditioning units and HEPA filtration systems.

SOCCER PROGRAM:

- Soccer balls are provided for all campers.
- Cold water and a sports drink are available for campers at every soccer session.

PLAYER FEEDBACK:

At the end of an athlete's stay, her parents receive via-email a player evaluation prepared by a coach from the camper's training group. The evaluation includes a note from the coach and lists the athlete's strengths, areas of greatest improvement while at Berky and areas that should be the focus of continued practice.

GOALKEEPER TRACK:

Goalkeepers enjoy at least one, 45-minute keeper-specific training session each day. During these sessions, goalkeepers work with our keeper staff on skills like positioning, catching, diving and distribution. Goalkeepers train as field players during all other soccer sessions. Both novice and experienced goalkeepers are welcome. Keepers should 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 IX with TeamFirst. Athletes must register for this track before the start of each session. Register by selecting the goalkeeper track on the Camper Application or by contacting the office.



SUPPLEMENTAL TRAINING SESSIONS:

Athletes who want more instruction on a specific skill can sign up for an additional one-hour training session led by our Soccer Coordinator, Assistant Soccer Coordinator, a Head Coach, or a qualified Assistant Coach. Private Trainings take place before breakfast from Monday to Thursday to avoid conflicts with the daily activities.

If a session's private training is oversubscribed, we will use a lottery system to randomly assign the available spots. Those who are not assigned private or small group training will have priority for Summer 2027.

There are 2 private training options:

- One-On-One Training: \$150
- Semi-Private (Two Campers): \$100

Register for a supplemental training session on the Forms Dashboard in your Camp InTouch Account.

ELECTIVE PROGRAM:

- Each day, campers choose their electives for the following day. Electives include, but are not limited to: Yoga, Waterfront, RecDeck + ChillZone, Arts and Crafts, Wood Crafts, Fire Building, Hiking, Fishing, Cooking, Soccer Elective, Archery, and Sand Volleyball.
- The Waterfront elective is a popular selection and is available during every elective period, weather permitting. It includes swimming (play on the aqua playground), kayaking, and stand-up paddleboarding.
- Elective offerings vary depending on weather, availability of qualified staff and programming considerations.

MEALS & SNACKS:

Our campers enjoy their meals in our stunning lakeside dining hall and adjacent picnic areas. We offer a well-balanced menu that includes delicious protein-based entrees for all meals. In addition, we provide a fresh fruit bar with a rotating selection of in-season fruits to complement each meal. Our lunch and dinner options always include a full salad bar and pasta selections. **The Academy is not an allergen-free facility. Parents whose children are allergic to specific foods are responsible to educate their child about allergen avoidance.**



The BSA Snack Shack! is open both before and after soccer sessions. Campers can grab a healthy snack, such as fresh fruit, granola bars, or frozen yogurt. Each night after the evening activities, we offer a sweet treat, such as ice cream, homemade desserts, and s'mores at the campfire. This year campers will be able to get an additional healthy snack before bed.

WATER CONSERVATION AND SHOWER TIMERS:

Massachusetts regulations require us to monitor and limit our water use. To control our 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 water conservation efforts with your daughter prior to arrival.

WIPES:

Wipes are prohibited. They damage our infrastructure and harm the environment.

LAUNDRY:

Laundry service is not provided during single sessions. We recommend that ALL athletes bring a personal laundry bag to collect laundry to be washed at home.



* **Multi-Session Campers:** The Academy provides free laundry services for campers attending two or more 5-day sessions. Items listed below are laundered over the weekend between sessions.

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

Items Not Laundered: Pillows, linen and bedding, sleeping bag, overcoat, shoes, shin guards, goalkeeper gloves.

REFER-A-FRIEND GIFT:

It means so much to us when campers refer their friends and teammates. If a camper or camp family refers one or more friends to the Academy, the camper will receive a customized, one-of-a-kind gift which will be delivered on Arrival Day. Campers who refer a friend who enrolls after May 15th, may receive their gift via mail rather than on Arrival Day.

BSA STORE

BSA logoed clothing and various other logoed items are available for purchase before the summer from the BSA online store and at camp from the BSA physical store. Items for sale include logoed sweatshirts, sweatpants, PJ bottoms, PJ shorts and more!

➤ **BSA STORE AT THE ACADEMY:**

The BSA Store at the Academy sells logoed clothing, water bottles, soccer balls, sundries, disposable cameras, stickers, tattoos and jibbitz. Food and beverages are not sold in the store. Campers can visit the store on arrival day and once during each session. If your daughter would like to make a purchase at camp, you will need to buy an eGift Card. This is completely optional. Please send the eGift Card to your email address with your camper's name as the recipient. We cannot guarantee the Academy store will have every size/item. The Academy store does not accept cash, credit cards or checks.

➤ **BSA ONLINE STORE:**

We recommend that campers and parents visit the online store to preorder items before camp. This enables campers to purchase the items they want in the correct sizes. The online store can be accessed through our website in the spring. Items will be shipped to your home address before the summer. Exchanges can be made at the Academy store if items are available. There will be no refunds or returns. Some items in the online store will not be sold at the Academy Store.

PACKING FOR THE ACADEMY

LABELING

We strongly encourage labeling of all clothing and possessions, including sports equipment and footwear, with the athlete's first and last name. Sewn nametapes are best, but iron-on tapes and indelible pens and stamps also work.

BSA GEAR



Each athlete receives BSA Gear as part of her tuition. Please indicate t-shirt size on the Camper Application. Athletes enrolled in more than one session have their shirts laundered between sessions. The gear, which will be delivered at the Academy on Arrival Day, includes:

- **Sessions I - VIII:** 5 Berky T-Shirts, 1 Berky Cinch Bag
- **Session IX TeamFirst:** 4 Berky T-shirts, 1 TeamFirst T-Shirt, 1 Nike Ball, 1 Berky Cinch Bag
 - Athletes wear their own soccer shorts and socks.
 - Athletes generally wear the same clothing 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.
- **Session I, V and IX:** Campers can bring one personal item to be signed by TeamFirst or by the visiting Pros.



CLOTHING POLICIES

The following clothing policies have been established 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 the midriff. Athletes may not train or swim in sports bras.
- 2. SWIMWEAR:** One-piece athletic bathing suits are required.
- 3. JEWELRY:** Athletes shouldn't bring unnecessary jewelry. Earrings should be straight studs. Dangling jewelry can be dangerous and is not allowed at soccer sessions, and, certain other activities.
- 4. EYEWEAR:** During soccer sessions 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**. We strongly encourage athletes to wear breathable footwear, which allows their feet to dry between training sessions when outside of the cabins. Examples of acceptable footwear are shown below.

Flip flops and slides may not be worn outside of the cabins.

• Open-toe with heel support = OKAY!



• Closed-toe and heel support = OKAY!



• Covered heel and toe = OKAY!



• Open-toe and no heel strap = NOT OKAY!





PACKING LIST

This is a suggested list of items to bring to one, 5 day session. Adjust quantities accordingly for bridges and 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 cool temperatures during rest hour and at night. Please do not bring fans.



CLOTHING

- Underwear (8)
- 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 or indoor soccer shoes (1)
- Soccer cleats (1)
- Soccer turfs (suggested)
- 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 outside of the cabins.

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.
- Every mattress is already topped with a quality foam pad. Do not bring a mattress topper.
- All athletes must bring a **water bottle**.
- Consult **“Away From Home Guide”** for more tips on preparing for camp.



BED & BATH

- Standard pillow (1)
- Pillow case (1)
- Sleeping bag or set of cotton twin sheet (1) (fitted sheet, top-sheet, and a blanket or comforter)
- 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

*** Wipes, including flushable, are not permitted.

ACCESSORIES (Optional)

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

**** Please refer to the Electronics Policy on page 7

COMMUNICATION

We understand that parents and athletes want to maintain contact while apart, but we have found that too much communication with home increases home-sickness and distracts athletes from engaging in all that the Academy offers. 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 and understand that many parents consider them 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.



- **PHONE CALLS HOME:** Birthday phone calls will be permitted as will emergency phone calls and calls deemed necessary by a director to ensure a camper’s success and well being. Multi-session campers can schedule a call home over the bridge.



- **PHOTOS:** Our media team takes thousands of photos throughout the summer. We do our best to capture a diverse selection of camper photos; however, we do not guarantee a photo of every athlete.

- **CAMPANION APP:** We encourage Berky Parents to download the free Campanion app.

Once the app is downloaded, you can use your CamplnTouch username and password to login. After logging in, you’ll see an option to upload a photo of your child. Campanion’s facial recognition technology uses the photo to identify your daughter when she appears in a photo. It then notifies you when such photos are accessible.

- **VIDEOS:** Our media team produces videos throughout the summer. Videos are available to view online. Families of enrolled campers are notified when new videos are posted.

- **FACEBOOK:** Our “Berkshire Soccer Academy Families” 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 year-round on Instagram, at: <https://www.instagram.com/berkysoccer/> or @berkysoccer.

- **SNAIL MAIL:** We encourage this age-old camp pastime.



- **PARENT-TO-CAMPER EMAIL:** Parents can send email messages to their camper(s) on their mobile device using the Campanion mobile app or in their BSA Account dashboard.

Emails are printed in black & white ink and are delivered daily to athletes at lunchtime each day during “Mail Call.” **Emails received after 10:00 am are distributed on the following day.**

- **CAMPER-TO-PARENT EMAIL:** If you want your child to reply to your e-letter, check the box at the bottom of your message that says **“I would like a handwritten reply.”** This means your child will receive a second, blank piece of paper that she can use to reply. Alternatively, you can preprint blank barcoded e-letters using your BSA Account Dashboard. **Your child can use these to send you e-letters at any time.**

- **SUMMER 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 8:00 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, you may occasionally experience a busy signal. If the phone is busy, you can e-mail us at office@berkshiresocceracademy.com

- **CONTACT WITH TRAVELING PARENTS:** We ask parents who are traveling during the session to notify the Academy and provide alternate contact information.

TRAVEL TO AND FROM THE ACADEMY

Complete the online “Transportation Form”, found on your BSA Account dashboard, and submit it **by May 1st**. For those who enroll after May 1st, forms are due on the earlier of: 2 weeks after enrolling or 1 week prior to arrival. This document lets us know how your camper will travel to and from the Academy. To make any modifications after submitting the form, please contact the office.



BY CAR: Driving directions are provided on page 16. Please adhere to the specified arrival and departure times on page 8. Please list **ALL** authorized drivers by name on your camper’s Transportation Form.

BY PLANE:



• **AIR TRAVEL TO THE ACADEMY:**

Reserve a flight that is scheduled to arrive at Bradley International Airport (BDL) the Saturday before 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, she will call you to confirm your daughter’s arrival.

- There is a \$50 airport pick up fee

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

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

- There is a \$50 airport drop off fee

*** If the air travel time parameters 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.



DIRECTIONS TO THE ACADEMY



Directions are provided below. **Our mailing/physical address is 620 Reservoir Road, for GPS use 622 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 10 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 41 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 families take advantage of our location in the Berkshires to spend a few days exploring one of the most popular summer vacation spots. We suggest making hotel reservations well in advance, as rooms in the northeast's Berkshires are scarce during the summer. There are also plenty of beautiful homes available for rent through the VRBO and AirBnB apps and websites. For further information on Hotels, visit the Berkshires Visitors Bureau, refer to this list or call the Berkshires Reservation Center at: 888-256-7480.

LEE, MA

(20 minutes to the Northwest)

Black Swan Inn
435 Laurel Street
(413) 846-1881
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

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

Holiday Inn Club: Oak &
Spruce Resort
190 Meadow Street
(413) 243-3500
www.holidayinnclub.com

Lakehouse Inn
615 Laurel Street
(413) 394-4256
www.lakehouseinnlee.com

LENOX, MA

(30 minutes to the Northwest)

33 Main
33 Main Street
(413) 400-3333
www.thirtythreemain.com

Apple Tree Inn
10 Richmond Mountain Road
(413) 637-1910
www.appletreeinnlenox.com

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

Canyon Ranch Resort
165 Kemble Street
(413) 637-4100
www.canyonranch.com/lenox

Cornell Inn
203 Main Street
(413) 637-4800
www.cornellbb.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 Inn
91 Walker Street
(413) 637-1773
www.hamptonterrace.com

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

The Yankee Inn Trademark
Collection by Wyndham
461 Pittsfield-Lenox Road
(413) 499-3700
www.yankeeinn.com

Courtyard by Marriott
Lenox Berkshires
70 Pittsfield Rd
(413) 551-7700

The Dewey
7 Hubbard Street
(413) 551-2410
www.thelenoxcollection.com

Berkshires Untold
194 Pittsfield Rd,
(413) 728-1686
www.untoldcollection.com

Miraval Berkshires Resort
55 Lee Rd.
(800) 232-3969

Continued on next page.

PITTSFIELD, MA

(30 minutes to the North)

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

Berkshire Mountain Lodge
8 Dan Fox Drive
(413) 997-3537
www.vacationvillageresorts.com

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

Hotel on North
297 North Street
(413) 358-4741
www.hotelonnorth.com

GREAT BARRINGTON, MA

(40 minutes to the West)

The Little Lion
506 Stockbridge Road
(413) 298-1620
www.thelittlelioninn.com

East Rock Inn
304 State Road
(413) 200-9822
www.eastrockinn.com

Fairfield Inn & Suites
249 Stockbridge Road
(413) 644-3200

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

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

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

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

STOCKBRIDGE, MA

(30 minutes to the Northwest)

The Red Lion Inn
30 Main Street
413-298-5545
www.redlioninn.com

The Inn at Stockbridge
30 East Street
413-298-3337
www.stockbridgeinn.com