

WOMEN'S SOCCER

Fantasy Camp

with Mia, Tish and Lil

August 14 - 16, 2026



ATHLETE HANDBOOK
Summer 2026



Welcome Message



Fantasy Camp Players,

*Welcome to TeamFirst Women's Fantasy Camp
at Berkshire Soccer Academy.*

*This handbook is designed to prepare you for your
weekend – both on and off the field. Inside, you'll find important
information about logistics, expectations, packing, schedules, and camp
policies.*

*This experience was created to celebrate women's soccer – to bring together
women who love the game in a high-energy, supportive, and unforgettable
environment.*

We are honored to have you join us.

Warmly,

The Fantasy Camp Leadership Team

CAMP PHILOSOPHY

OUR PURPOSE

Women's Fantasy Camp is built around:

- *High-quality soccer experience*
- *Learning from legends of the game*
- *Competitive but supportive play*
- *Community and connection*
- *Joy in returning to the field*

This weekend is about growth, confidence, and celebrating the game we love. All levels are welcome. You play at your pace.

GENERAL POLICIES

Please review the following rules during your stay at the Academy:

FOOD: Absolutely no outside food or alcohol is permitted at the Academy, and food may not be removed from the Dining Hall.

SUBSTANCES: The use of cigarettes, vapes and drugs is strictly prohibited.

WIPES: No wipes of any kind are permitted at the Academy. They damage our infrastructure and harm the environment.



LIFE AT THE ACADEMY

MEALS & SNACKS:

Lunch and dinner will be provided on Friday. Breakfast, lunch, and dinner will be provided on Saturday. Breakfast and lunch will be provided on Sunday. All dinners will have a cocktail hour beforehand. Meals will be enjoyed 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. We do our best to offer alternatives such as vegetarian, gluten-free and dairy-free; however, we do not guarantee that any specific allergen will not be present or served.

As a reminder, outside alcohol is NOT permitted at the Academy.

ELECTIVES:

Enjoy classic camp activities: lake swimming, paddleboarding, yoga, kayaking, fishing, archery, and hiking. Daily “Breakfast Club” options – morning yoga, polar plunge, pickup soccer, stretch session and more.

TeamFirst Fantasy Camp



• BERKSHIRE SOCCER ACADEMY • WEEKEND SCHEDULE



FRIDAY

08.14.26

DAY 1

- 10:00 am - 12:00 pm - Arrival & check-in
- 10:00 am - 12:00 pm - Light lunch and snacks in Dining Hall
- 3:00 pm - 5:00 pm - Activity Areas Open - WaterFront, Arts & Crafts & Rec Deck
- 4:00 pm - Facility Tour Available- Meet at Office
- 5:30 pm - Cocktails & Hors D'oeuvres with TeamFirst
- 6:30 pm - Dinner in Dining Hall
- 7:30 pm - S'mores - Campfire Plt
- 8:00 pm - Campfire with TeamFirst - Q&A and hang out
- 9:30 pm - Campfire Open - Coffee & Hot Chocolate in Dining Hall

SATURDAY

08.15.26

DAY 2

- 7:00 am - 8:00 am - Breakfast Clubs - Yoga in the Playhouse; Pick Up Soccer on the Turf; Polar Bear Plunge at the Lake
- 8:00am - Breakfast in the Dining Hall
- 9:00- 11:00 - Morning Soccer Clinic with TeamFirst (Waterfront open 9:00-10:30 am)
- 11:00 am - Noon - Activity Areas Open Waterfront- (Swim, SUP, Kayak), Arts & Crafts (Screen Print), Rec Deck, Fishing & Archery
- Noon - 1:00 pm - Lunch
- 1:00 pm - 2:00 pm - Rest Time
- 1:00 pm - 1:45 pm - Guided meditation & Yoga in the Playhouse
- 2:00 pm - 4:00 pm - Small Sided Soccer Tourney TeamFirst (Waterfront Open 2:00 - 3:30 pm)
- 4:00 - 5:00 pm - Activity Areas Open - Waterfront- (Swim, SUP, Kayak); Arts & Crafts (Screen Print/Resin Pendants); Rec Deck; Fishing & Archery
- 6:00 pm - 7:00 pm - Cocktails & Hors d'oeuvres with TeamFirst
- 7:00 pm - 8:30 pm - Closing Dinner in Dining Hall
- 8:30 pm - 9:30 pm - Campfire: Coffee & Hot Chocolate in Dining Room

SUNDAY

08.16.26

DAY 3

- 7:00 am - 7:45 am - Breakfast clubs: Fishing; Open Pick-Up Soccer; Waterfall Hike meet at Rec Deck
- 8:00 am - Breakfast in the Dining Hall
- 9:00 am - 9:30 am - Stretching at the fields
- 9:30 am - 11:00 am - Soccer with TeamFirst
- 11:15 am - 12:15 pm - Activity Areas Open - Waterfront- (Swim, SUP, Kayak); Arts & Crafts (Resin Pendants); Rec Deck & Archery
- 12:15 pm - Lunch
- 1:00 pm - Pack Up & Departure

Party Like It's 1999!

*Have a safe trip home
Thank you!*

***Schedule is subject to change*

PACKING LIST



CLOTHING

- Athletic/casual socks (3)*
- Short sleeve t-shirts
- Long sleeve t-shirts
- Sweatshirt or warm-up jacket (1)
- Soccer shorts (3)
- 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)
- Swimsuit (1)

ATHLETIC

- Shin guards (1)
- Soccer socks (3-5)
- Goalie gloves (1-2) (goalkeepers only)
- Knee/ankle brace (1) (if required)
- Athletic eyewear (1) (if required)
- Water bottle (1)
- Soccer bag (1)
- An item for TeamFirst to sign

FOOTWEAR

- Athletic sneakers or indoor soccer shoes (1)
- Soccer cleats (1)
- Turf shoes
- Slippers or flip-flops for cabin only (1)

BED & BATH

INCLUDED: Fitted Sheet, Flat Sheet, One Pillow with Pillowcase, 2 woven blankets & 2 bath towels

- Personal laundry bag
- 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
- Sunscreen
- Lip Balm
- Insect repellent
- Deodorant

PACKING TIPS

- This is a suggested list of items to bring
- While summer days in the Berkshires can reach 80-90° F, nights can cool down to as low as 50° F.
- Each cabin has an air conditioning unit to ensure a cool environment during rest hour and at night.

NOTES

- Optional to bring your own pillow or mattress topper*
- *Those travelling by plane who cannot pack these items may request it.
- Wipes, including flushable, are not permitted.

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 ensure 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. 15 miles; 2 hours 51 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 1-684 North; or take George Washington Bridge to Henry Hudson Parkway North to Cross County East to Hutchinson River Parkway North to 684 North. From 1-684 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 1-684 North. From 1-684 North follow directions below FROM WESTCHESTER.

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

Take 1-684 North to 1-84 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.

GETTING TO THE ACADEMY

ARRIVAL DAY

Our arrival time window for Friday, August 14 is from 9:00am-1:00pm. There is parking on-site for those who are arriving with their own vehicle, and plenty of Staff to help direct you and get you settled. Should your arrival time be outside of this window, please contact Katy, at katy@berkshiresocceracademy.com.

AIRPORT PICKUP DETAILS:

Free shuttle transportation to the Academy will be provided from Bradley International Airport (BDL) to the Academy on Friday, Aug. 14 at 8:30am, 11:00am, and 3:00pm. Shuttles will leave at these scheduled times. Ubers are available for those unable to make a shuttle. In addition to this, a Coach bus will leave from the Academy for BDL at 2:00pm.

You will be asked to fill out a [Google Form](#) if pickup assistance is needed two weeks prior to arrival day.

If you are arriving by BSA Shuttle from Bradley International Airport (BDL), you will meet at the time you select in the Google form, and meet us under the United/American Airlines signs at "Arrivals."

