

Stan Anderson's Camp Shutout

campshutout.com

SUBJECT: Pre-camp information letter – will be posted on CampShutout.com

Hello Camp Shutout Keepers,

First and foremost THANK YOU for choosing Camp Shutout as your training ground for summer 2010!

This letter will serve as a notice for what to bring and how to mentally prepare for Camp Shutout.

BEGINNING and END SCHEDULE:

Sunday (2:30 – 4:30 pm) thru Friday (12:00) for non high school aged keepers

Sunday (2:30 – 4:30 pm) thru Saturday (12:00) for high school aged keepers

ARRIVAL ADDRESS:

Sunday, July 18, 2010 between 2:30 and 4:30 pm

Cobeen Hall

729 N. 11th Street

Milwaukee, WI 53233

www.mu.edu

DROP OFF:

Parents can drop off keepers and gear at Cobeen Hall (corner of Wells and 11th)

After drop off parking can be found in one of three places:

1) Street-meter 2) Wells Street Parking Garage (closest garage) or 3) 16th Street Garage

CHECK-IN PROCEDURE:

Upon check-in each keeper will receive:

Ball, shirt, water bottle, notebook, pen, key (actual key), picture taken. (Please do not bring a soccer ball to Camp Shutout)

FIRST DAY SCHEDULE:

2:30 – 4:30 Arrival and check-in

4:30 Keeper, staff and parent orientation in common area/Staff introduction

5:00 Dinner

6:30 Assessment at Valley Fields

9:00 Return to Cobeen

10:30 Lights out

FINAL DAY SCHEDULE: (Friday and Saturday)

9:00/11:30 On field for final session

12:00 Camp Shutout concludes

1:00 Car departure from Cobeen Hall (gear can remain in rooms-staff will be available in common area at Cobeen Hall)

ROOMMATE REQUEST:

We have received many roommate requests...we are doing our best to fill them based on room availability. If you have a request please send it to Mary at marypanderson@gmail.com by end of day on Tuesday, July 12th.

CONTACT NUMBERS DURING WEEK:

414-288-7250 Marquette information desk
414-313-3477 Stan cell/Emergency phone
262-366-6793 Lauren Boyler/Sports Medicine Contact

TWITTER:

For up to the minute Camp Shutout updates follow Stan Anderson on Twitter
Follow: http://twitter.com/soccer_coach

SOCCER GEAR:

Our training surface will include two field turf surfaces (state of the art artificial surfaces) and running track.

Goalkeeper gloves, soccer boots, running shoes and/or indoor shoes, shin guards, socks, skids or compression shorts, shorts, training pants if desired, short sleeve training T's, long sleeve training T's if desired, bag for gear, any other training gear you prefer to train in.

DORMITORY/LINENS ET AL:

Linen's that are provided at Cobeen Hall are bath towel, wash cloth, soap, wrapped plastic cup, mattress pad, fitted sheet, flat sheet, pillow, pillowcase and light blanket. However, you may wish to bring toiletries, blanket, fan, comfortable but presentable dorm attire, alarm clock, extra pen, health form if you have not already returned it.

MICROWAVE/REFRIGERATORS:

Micro/Refrigerators are available at Cobeen Hall for a cost of \$60/week. Camp Shutout will not incur microwave/refrigerator charges

MEALS:

Most all meals will be provided in Cobeen Hall. We do have some sponsored meals that will be provided at Valley Fields.

Meal times are:

Breakfast/7:00 am Lunch/12:00 pm Dinner/5:00 pm

SPONSORED MEALS:

We have listened and have lined up some great food away from the dorm. Qdoba, Cousins and Sobelman's will be providing a break from dorm food.

LATE NIGHT PIZZA:

We are working with a sponsor for those interested in evening pizza. Details at CSO

TRANSPORTATION:

BEFORE: (driving)

Please remember there is major construction in Wisconsin going on from the Illinois state line all the way to Milwaukee. Please allow enough time to navigate this stretch.

BEFORE: (flying)

For those flying in to Camp Shutout please notify us of your flight plans (again, even if you already have) so we can help arrange pick up.

DURING: (car)

There will be no driving by campers during the Camp Shutout week. Keys will be held by Camp Shutout staff.

PARKING:

Parking will be provided in the East lot down at Valley Fields. Camp Shutout is not responsible for lost or stolen articles from vehicles at Valley Fields...gates are locked and lot is patrolled nightly. Address: 1818 W. Canal Street across from Potawatomi.

COMMUTERS:

Although we highly recommend that each keeper spend the entire week with us as there is plenty to learn on and off the field, a few local keepers will be commuting. It is important and imperative that staff is aware when you will be departing and returning each session.

DURING: (bus)

Camp Shutout will be providing bus transportation to and from Valley Fields for a good portion of the training week. Please be both orderly and prompt in boarding and departing the bus before and after each session.

LATE ARRIVALS/EARLY DEPARTURES:

For those that will be arriving late or are leaving Camp Shutout earlier than Fri/Sat please notify Mary, again even if you already have, at marypanderson@gmail.com . We want to be prepared for you so your week will be seamless.

LODGING:

Many parents have asked about lodging during the week. There are 3 hotels I would recommend that are very close and in virtual walking distance of Valley Fields. The Iron Horse Hotel, The Ambassador and The Hilton.

TRAINING WEEK HIGHLIGHTS: (tentative and subject to change)

SUNDAY	Talent and skill assessment, street soccer performer
MONDAY	First group training day, staff and staff assistant training session
TUESDAY	Group training day, Cousin's Subs
WEDNESDAY	Qdoba, Massage night (see details below)
THURSDAY	Individual and group competitions, Sobelman's Burger, skit night
FRIDAY	Final session for younger keepers, awards, departure from Cobeen Hall, evening time available for parents and older keepers to go to Sobelman's, DJ for Team Keeper Wars, 11:00 pm curfew
SATURDAY	Final session for older keepers, DJ for Team Keeper Wars, awards, departure from Cobeen Hall

MASSAGE NIGHT:

The goalkeeper position requires a different skill set than a field player. With that the goalkeeper body takes a physical punishment due to getting up in the air and a second later hitting the ground. Breakaways, close range shots and general athletic displays that require split second decisions. With all of that being said, we bring in Certified Masseurs that give massages at the field as the sessions are under way. \$5 needed for a massage.

BEST SESSIONS TO VIEW:

Although you are welcome to attend any time...the best sessions to view are the competition sessions. These will generally take place in the evenings. The very best sessions to make are Thursday night 7-9 pm and Friday morning 9-12 pm for the younger keeper, Friday night 7-9 pm and Saturday morning 9-12 pm for the older keeper.

AGAIN IN '10:

Jenny Merrick will be running goalkeeper specific speed and agility sessions for every keeper during the week...this will be part of your training schedule. Bring running shoes to each session and an energy level to improve your technical abilities.

SPORTS MEDICINE:

Lauren Boyler will be in her 8th year with Camp Shutout. She is the full-time athletic trainer for Marquette University Men's Soccer. She is VERY familiar with goalkeeper injuries, aches, pains and the like. Her number is listed above in the CONTACTS section. Please use only if needed.

Lauren will be holding onto all health/release forms during the week. If you have not returned yours please do so at check-in.

If there are health related items Lauren needs to be aware of please notify her in person during check-in.

VIDEO:

WWW.WIBERGWGS.COM

Camp and clinics are the best places to recruit goalkeepers. The main reason is it is very difficult to see what a goalkeeper is made of during a weekend tournament. To help solve this problem we have partnered with Wiberg Wisconsin Goalkeeper School that has been instrumental in helping keepers get seen across the country. Keepers have been working/training with Eric Wiberg and then show their skill online for virtually every college coach to see. This program is proven as many have gone on to college after being seen online at www.wibergwgs.com . Feel free to take a look at the program online. Camp Shutout staff will be recommending keepers that would be good candidates for the program. For further questions please contact Eric Wiberg at eandb@charter.net

RULES:

Common sense is the main rule...other rules will be covered at orientation.

SPONSORS:

Please thank and visit our sponsors when you can:

Official Ball Catcher -	Keeper Goals
Official Burrito -	Qdoba
Official Sub -	Cousins
Official Burger -	Sobelman's
Official Insurer -	Ketterer State Farm – Racine
Official Supplier -	Stefans Soccer Supply
Official Gear -	PUMA

T SHIRTS For Sale:

We will have a limited amount of casual Camp Shutout t-shirts available for sale at check-in for \$15. They are simply a 'reminder' T for all of us that the game belongs to the kids. It is a saying I came up with years ago and many parents have found it to be a great 'pause and think' T.

It can be viewed on the website.

'Don't let adult ego's get in the way of children's dreams.' FRONT
Traditional Camp Shutout logo BACK

2010 STAFF

Proudly I proclaim our staff to be the best in the country. It is not easy to become a staff member at Camp Shutout. Each member is chosen for their ability as a goalkeeper but more importantly their ability to teach. Get the most out of them this week...they are here for YOU!

Thanks!
Stan