



Stan Anderson's Camp Shutout

www.campshutout.com

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

Hello Camp Shutout Keepers,
First and foremost THANK YOU for choosing Camp Shutout as your training ground for summer 2012!
This letter will serve as a notice for what to bring and how to mentally prepare for Camp Shutout.

BEGINNING and END SCHEDULE:

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

ARRIVAL ADDRESS:

Sunday, July 22nd, 2012 between 2:00 and 4:00 pm
Holiday Inn
1001 Amber Ave
Stevens Point, WI 54482

TRAINING ADDRESS:

PCYS Complex
701 Badger Ave
Stevens Point, WI 54482

DROP OFF:

Parents can drop off keepers and gear at Holiday Inn

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)

BALANCE:

Should you have an outstanding balance for Camp Shutout please pay via check at registration or send in advance to: Camp Shutout, PO Box 085712, Racine, WI 53408

FIRST DAY SCHEDULE:

2:00 – 4:00 Arrival and check-in

4:30 Keeper, staff and parent orientation at Holiday Inn/Staff introduction

5:00 Dinner/Pizza

6:30 Assessment at PCYS Complex

9:00 Return to Holiday Inn

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 Driving departure from Holiday Inn or PCYS Complex (gear can remain in rooms- staff will be available in lobby of Holiday Inn.

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 **Monday, July 9th**.

CONTACT NUMBERS DURING WEEK:

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

www.twitter.com/soccer_coach

(NCAA rules prohibit me from naming GK's via Twitter posts)

SOCCER GEAR:

Our training surface will include numerous/plush natural grass fields. Thus it is best to bring: 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.

HOTEL/LINENS ET AL:

Linen's that are provided at the Holiday Inn. However, you may wish to bring soap, toiletries, blanket, additional pillows, FAN, comfortable but presentable hotel attire, alarm clock, extra pen, health form if you have not already returned it.

MICROWAVE/REFRIGERATORS:

TBD

MEALS:

Meals will be provided at Holiday Inn and at the PCYS Complex. We do have some sponsored meals that will be provided.

Meal times are: Breakfast/7:00-8:00 am Lunch/12:00-1:00 pm Dinner/5:00 pm

SPONSORED MEALS:

We have listened and have lined up some great food away from the dorm.

Qdoba, Cousins and a couple more establishments will be providing a break from dorm food.

LATE NIGHT PIZZA:

We are working with a sponsor for those interested in late night pizza. Details on site.

TRANSPORTATION:**BEFORE: (driving)**

Please remember THE LARGEST AND MOST EXPENSIVE (\$1.9 BILLION) ROAD RECONSTRUCTION PROJECT EVER in Wisconsin is still 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 Holiday Inn lot. Camp Shutout is not responsible for lost or stolen articles from vehicles at the Holiday Inn (please remove valuables)

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 imperative that staff is aware when you will be departing and returning each session.

LATE ARRIVALS/EARLY DEPARTURES:

For those that will be arriving late (Kansas City or other) 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. The Holiday Inn has a select few rooms available during the week/weekend.

TRAINING WEEK HIGHLIGHTS: (tentative and subject to change)

SUNDAY Talent and skill assessment

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), competition

THURSDAY Individual and group competitions, skit night

FRIDAY Final session for younger keepers, awards, departure from the PCYS Complex, evening time available for parents and older, Dan Pfeifer as DJ for Team Keeper Wars, 11:00 pm curfew

SATURDAY Final session for older keepers, DJ for Team Keeper Wars, awards, departure from the PCYS Complex

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 on Wednesday night that will give massages at the field as the sessions are under way. \$7 (cash preferred) 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.

CONTINUING FOR 2012:

Jenny Merrick, FLY Sports Performance, 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 and your boots to each session and an energy level to improve your technical abilities.

SPORTS MEDICINE:

Lauren Boyler will be in her 10th 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 previously 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 - TBD

Official Insurer - Ketterer State Farm – Racine

Official Supplier - Stefans Soccer Supply

Official Gear - HP Goalkeeping

GLOVES:

Once again we will have quality HPG gloves/limited availability yet available for purchase. Multiple glove options will be on hand. The price of the glove at Camp Shutout is \$60.

2012 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

Camp Shutout

Founder/Owner

www.campshutout.com

www.twitter.com/soccer_coach