

2019
Stan Anderson's Camp Shutout

www.campshutout.com

SUBJECT: OFFICIAL Pre-camp information letter - posted on www.campshutout.com

Hello Camp Shutout GK's,

First and foremost THANK YOU for choosing Camp Shutout as your training ground for summer 2019!

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

BEGINNING AND ENDING SCHEDULE:

Sunday (3:00 - 5:00 pm) thru Friday (12:00 pm) for YOUTH

Sunday (3:00 - 5:00 pm) thru Friday (8:30/9 pm) for ADVANCED

ARRIVAL ADDRESS:

Sunday, July 21st, 2019 between 3:00 and 5:00 pm

Holiday Inn

1001 Amber Ave

Stevens Point, WI 54482

TRAINING ADDRESS:

PCYS Complex

701 Badger Ave

Stevens Point, WI 54482

DROP OFF:

Parents should drop off keepers and gear at Holiday Inn

CHECK-IN PROCEDURE:

Upon check-in each keeper will receive:

Shirt, notebook (Please remember to bring a pumped up 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:

3:00 - 5:00 am Arrival and check-in
5:00 pm Keeper, staff and parent orientation at Holiday Inn/Staff introduction/meal
6:00 pm Assessment at PCYS Complex
8:30 pm Return to Holiday Inn
9:00 pm Staff and GK meeting
10:30 pm Lights out

FINAL DAY SCHEDULE: (Friday and Saturday)

9:00-11:30 am On field for final session (YOUTH)
12:00 pm YOUTH awards and then YOUTH GKs head home with parents
1:00-3:00 pm ADVANCED on field for start of TKW
6:00-8:30/9:00 pm ADVANCED TKW and awards. ADVANCED GKs head home. Out of state GKs are allowed to stay at the Holiday Inn (staff present) to travel home on Saturday. ALL GKs OUT OF HOLIDAY INN BY 11:00 AM ON SATURDAY.

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 1st.

CONTACT NUMBERS DURING WEEK:

Stan's cell/Emergency phone: 414-313-3477
Mark Cole/Sports Medicine contact: 414-690-4011

TWITTER/FACEBOOK/INSTAGRAM:

For up to the minute Camp Shutout updates follow Stan Anderson on Twitter: [@campshutout](https://twitter.com/campshutout) and [@soccer_coach](https://twitter.com/soccer_coach), Facebook: facebook.com/campshutout and Instagram: [@camp_shutout](https://instagram.com/camp_shutout)

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.

SOCCER BALL (donation):

It is tradition, and will continue to be tradition, for Camp Shutout GKs to bring a nice soccer ball to Camp Shutout and then, at the end of the week, we donate these soccer balls to a third world country or even to areas of need within the state. This program is optional...simply leave the ball at the end of the week or take it back home with you.

HOTEL/LINENS ET AL:

Linens 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 etc.

MICROWAVE/REFRIGERATORS:

Will be available in each room.

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 approximate:

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 hotel. Qdoba, Arby's, and Polito's Pizza will be providing a break from hotel food.

LATE NIGHT PIZZA:

We are working with Polito's Pizza for those interested in late night pizza. Details on site.

TRANSPORTATION:**BEFORE:** (Camp Shutout bus)

Those signed up will be receiving specific details regarding pickup location. The bus goes Schaumburg, IL to Gurnee, IL to Milwaukee, WI to Steven's Point. Prices determined soon. - cash only

(sign up at campshutout.com/travel-accommodations/)

BEFORE: (flying)

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

(notify us at campshutout.com/travel-accommodations/)

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 for each session.

LATE ARRIVALS/EARLY DEPARTURES:

For those that will be arriving late (US Academy, ODP, Tournament 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. Holiday Inn Phone: (715) 344-0200

TRAINING WEEK HIGHLIGHTS: (tentative and subject to change)

SUNDAY Opening video, Talent and skill assessment

MONDAY First group training day

TUESDAY Group training day

WEDNESDAY Group training day

THURSDAY Individual and group competitions, skit night and massages

FRIDAY Final session for younger keepers, awards, departure from PCYS or hotel. Friday afternoon session (1:00-3:00 pm) TKW starts for ADVANCED GKs. Friday evening (6:00-8:30/9:00 pm) camp concludes on stadium, awards, departure from PCYS.

MESSAGE 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 underway. \$15 (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 (6:30-8:30 pm) and Friday morning (9:00 am - 12:00 pm) for the YOUTH GK , Friday afternoon (1:00-3:00 pm) and Friday evening (6:00-8:30/9:00 pm) for the ADVANCED GK.

CONTINUING FOR 2019:

Chris Sanders (@chrissandersfit IG) and Jenny Merrick will be running goalkeeper-specific speed and agility AND strength and conditioning 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:

Lead: Mark Cole 414-690-4011

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 Insurer - Ketterer State Farm Racine • Official Gear - HPG Goalkeeping • Official Hotel - Holiday Inn • Official On-Site Vehicle - Scaffidi Motors

ADDITIONAL SPONSORS:

Arby's • Crazy Catch • Jimmy John's • Storelli • Polito's Pizza • Subway

GLOVES:

Our 31st Anniversary glove paying tribute to many of the pros that have gone through our program or helped our program will be available on site. The price of the official Camp shutout glove is \$85.

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

Twitter: [@soccer_coach](https://twitter.com/soccer_coach) [@campshutout](https://twitter.com/campshutout)

Facebook: facebook.com/campshutout

Instagram: [@camp_shutout](https://instagram.com/camp_shutout)