

## OAKLAND SOCCER CAMPS L.L.C

PO Box 80884

Rochester, MI 48308-0884

(248) 894-9198

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WWW.OAKLANDSOCCERCAMPS.COM

Thank you for your deposit for the Oakland High School Team Camp. In order to accelerate the registration process, it is recommended that your team's balance be paid *prior* to registration on Friday July 23, 2010. However, it is still possible to pay the balance at registration if necessary.

The following information should assist you in preparing your team for camp:

**Check-in:** Your team *must* check-in at the Oakland University Athletics Center between 4pm and 5pm on Friday July 23, 2010. Attached are maps of Oakland University and the Rochester area.

**Roommates:** Roommates will be assigned by the high school coach (two per room). Please use the attached room list and bring it with you when you register.

**Linens:** Resident campers *must* bring their own linens including sheets, blankets or sleeping bags, pillows and pillowcases, and towels.

**Equipment:** Each camper should bring proper soccer playing equipment (cleats, shin guards, soccer shorts/shirt). The camp will provide balls, scrimmage vests, cones and water.

**Medical Forms:** Each camper *must* fill out the enclosed medical forms and bring it to registration. Campers *must* have completed medical form on file in order to participate in camp.

**Check-out:** All campers *must* check-out from camp at 3pm on Sunday July 25, 2010 at the Residence Halls.

**Add. Info.:** Please call Executive Camp Director Eric Pogue at (248) 370-3122 Office, (248) 894-9198 Cell or email Eric at [pogue@oakland.edu](mailto:pogue@oakland.edu).

Once again, thank you for your deposit. We look forward to your participation in this year's high school team camp!

Sincerely,

Eric Pogue  
Executive Camp Director

**Oakland Soccer Camp  
High School Team Camp  
Rooming List  
July 23-25, 2010**

**High School Team:** \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

**Coaches**

\_\_\_\_\_

\_\_\_\_\_

**OAKLAND SOCCER CAMPS  
SUMMER 2010  
TEAM CAMP SCHEDULE**

**July 23-25, 2010**

\*Check In            Friday    4-5pm    Oakland University Athletics Center Lobby  
**5:30pm HS Coaches Meeting (Dorms)**

• **Friday July 23, 2010**

6pm                    Players meet in Dorm Lobby to go to fields  
6:30-8:30pm        Training Session #1  
9pm                    Pizza and Soda in Dorms  
11pm                  Lights Out

• **Saturday July 24, 2010**

7am                    Wake Up  
7:30am                Breakfast  
9am                    Team Warm-Up  
9:30am-11am        Round Robin Games (Lower Soccer fields)  
11:30am              Lunch  
Noon-1pm            Open Swim-Athletics Center Pool  
12:45pm              Rest Period  
2-4pm                 Technical/Tactical Training Session #2 (Lower Soccer fields)  
4:45pm                Dinner  
6:30pm                Team Warm-Up  
7-8:30pm            Round Robin Games (Lower Soccer fields)  
9-10pm                Movie and/or Swimming  
11pm                  Lights Out

• **Sunday July 25, 2010**

7am                    Wake Up  
7:30am                Breakfast  
9-11am                Training Session #3 (Lower Soccer fields)  
11:30am              Lunch  
Noon                  Open-Pack  
1pm                    Team Warm-up  
1:30-3pm            Round Robin Games  
3pm                    Check Out of Residence Hall

**Resident Campers, please remember to bring:**

- Linens, blankets and/or sleeping bag, pillow and towels
- Toiletries
- Sun Block
- Room Fan
- All other room items are optional
- Please limit spending money (pizza, juice/pop/Gatorade, misc.)

**All Campers, please remember to bring for soccer:**

**\*SOCCER BALLS/WATER PROVIDED FOR THE WEEK BY THE CAMP!**

- Soccer Cleats
- Sneakers/Gym Shoes
- Shin Guards
- Soccer Shirts and Shorts (Shirtless is not allowed)
- Soccer Socks
- Sweats
- Raingear
- Swim Suit

**OAKLAND SOCCER CAMPS L.L.C**  
**Camp Medical Information and Release for Treatment**

Date of Camp: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent(s)/Guardian(s) Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Secondary Contact Source in Case of Emergency: Name \_\_\_\_\_

Telephone #: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_

\*\*\*\* If my child needs medical treatment while participating at Oakland Soccer Camps, I give my permission for treatment to be given immediately.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Insurance Information**

Insurance Co.: \_\_\_\_\_ Member's Name: \_\_\_\_\_

Group #: \_\_\_\_\_ Policy #: \_\_\_\_\_

ID #: \_\_\_\_\_ Service Code: \_\_\_\_\_

**Medical Information**

1. If your child is presently taking any medication, please indicate what type and why: \_\_\_\_\_  
\_\_\_\_\_

2. Please list any drug sensitivities: \_\_\_\_\_  
\_\_\_\_\_

3. Please list any allergies: \_\_\_\_\_  
\_\_\_\_\_

4. Please list your child's medical problems and/or significant injuries that the medical staff at Oakland Soccer Camps should be made aware of: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Date of your child's last tetanus shot (if known): \_\_\_\_\_

**Thank you for your cooperation in filling out this important emergency information**

**Oakland Soccer Camps L.L.C**



Welcome:

In order to provide the safest and most enjoyable camp experience possible each camper will benefit from the same sports medicine team that provides care to the Oakland University Golden Grizzlies. Each camp features:

- Athletic Trainer on site
- Board Certified Sports Medicine Physician on call

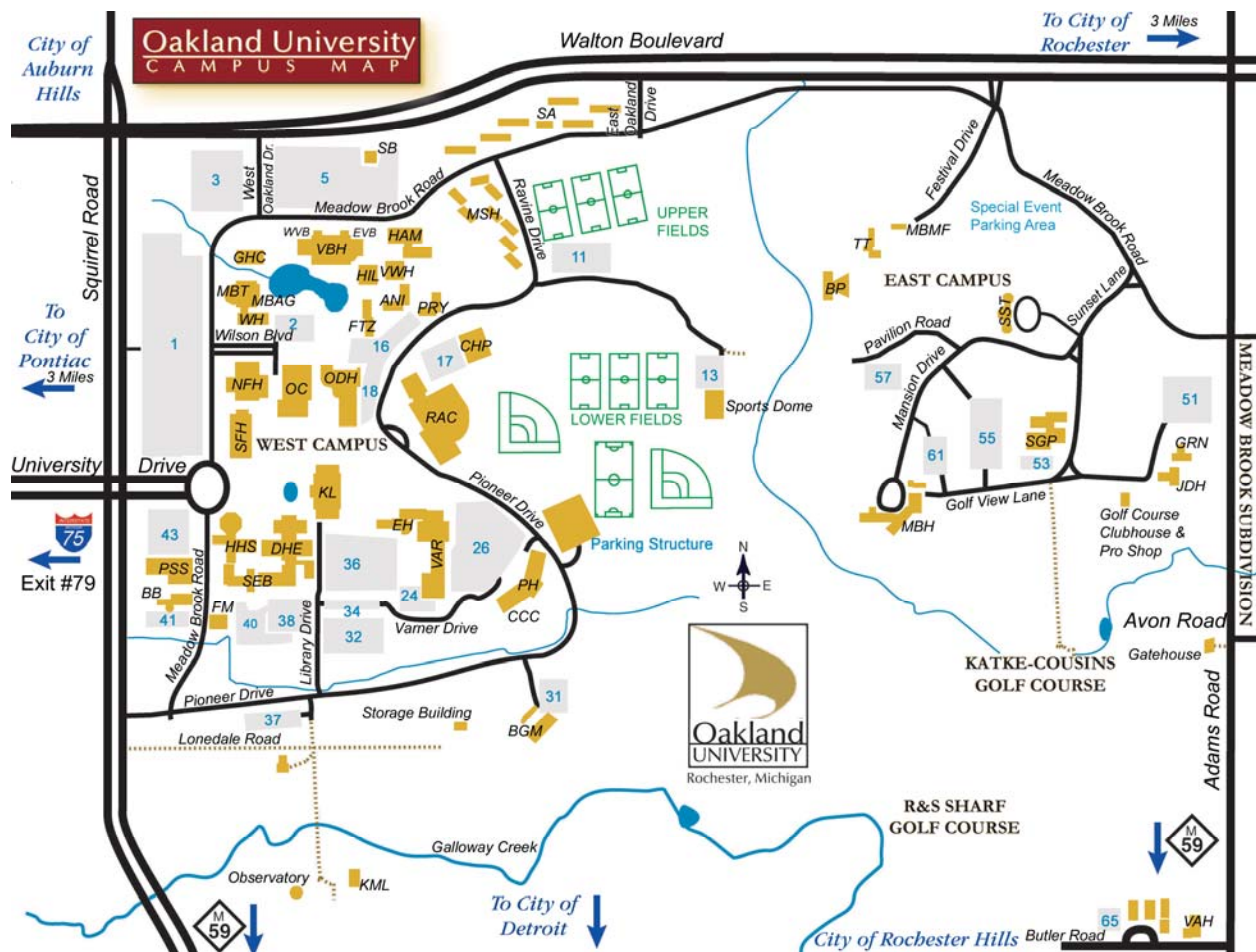
On behalf of the sports medicine team, we wish you a fun and healthy camp experience.

Sincerely,

Sami F. Rifat, M.D., FACSM  
Head Team Physician, Oakland University

*Specializing in the care of active individuals of all ages*

- Acute Musculoskeletal Injuries
- Concussions and Head Injuries
- Tendinitis and Overuse Injuries
- Running Injuries
- Breathing Difficulty with Exercise
- Neck and Back Pain
- Knee Pain and Injuries
- Foot and Ankle Problems
- Performance Enhancement
- Shoulder Pain and Injuries
- Sports Physicals



	<b>Waterways</b>	ANI	Anibal House	MBT	Meadow Brook Theatre
	<b>Buildings</b>	BB	Belgian Barn	MSH	George T. Matthews Apartments
	<b>Building Names</b>	BGM	Building and Grounds Maintenance	NFH	North Foundation Hall
	<b>Parking Lots</b>	BP	Baldwin Memorial Pavilion	OC	Oakland Center
	<b>Surfaced Road</b>	CCC	Lowry Early Childhood Education Center	ODH	O'Dowd Hall
	<b>Gravel Road</b>	CHP	Central Heating Plant	PH	Pawley Hall
	<b>Local City</b>	DHE	Dodge Hall of Engineering	PRY	Prayle House
	<b>Road Name</b>	EH	Elliott Hall of Business & Information Technology	PSS	Police & Support Services Building
	<b>Building Under Const.</b>	FM	Facilities Management	RAC	Recreation and Athletics Center (O'Rena)
		FTZ	Fitzgerald House	SA	Student Apartments
		GHC	Graham Health Center	SB	Sheep Barn
		GRN	Meadow Brook Greenhouse	SEB	Science & Engineering Building
		HAM	Hamlin Hall	SFH	South Foundation Hall
		HHS	Hannah Hall of Science	SGP	Shotwell-Gustafson Pavilion
		HIL	Hill House	SST	Sunset Terrace
		JDH	John Dodge House	TT	Trumbull Terrace
		KL	Kresge Library	VH	Varnier House
		KML	Kettering Magnetics Lab	VAR	Varnier Hall, Studio Theatre and Recital Hall
		MBAG	Meadow Brook Art Gallery	VBH (EVB/WVB)	Vandenberg Hall (East / West)
		MBH	Meadow Brook Hall and Carriage House	VWH	Van Wagoner House
		MBMF	Meadow Brook Music Festival Ticket Office	WH	Wilson Hall

For an online version of this map, visit <http://www.oakland.edu/map>

**Mailing Address**

Oakland University  
2200 N. Squirrel Road  
Rochester, MI 48309--4401

**Directions to OU:** Oakland University is located in southeastern Michigan between Flint and Detroit. Our 1,441-acre campus actually extends into two cities - Auburn Hills and Rochester Hills, between Adams Road and Squirrel Road, just south of Walton Boulevard. Take I-75 to exit 79 and go east on University Drive to the main entrance of campus. Or, take M-59 to the Squirrel Road exit and go north to the main entrance of campus at the corner of University Drive.

Students should become familiar with **parking areas**, buildings and campus services. OU's parking lots are shaded in grey on the map above. The lots near classroom buildings fill quickly when classes are in session. Please keep this in mind when planning to park on campus, and remember that all vehicles must stop for pedestrians at marked crosswalks.

If you have any comments or questions about this map, please e-mail [webmaster@oakland.edu](mailto:webmaster@oakland.edu).

**Extension Campus Maps**

Seaholm High School (Birmingham, Michigan)

[http://www2.oakland.edu/registrar/ext\\_maps2.cfm?map=sea](http://www2.oakland.edu/registrar/ext_maps2.cfm?map=sea)

Macomb University Center and Macomb Intermediate School District (Clinton Twp., Michigan)

[http://www2.oakland.edu/registrar/ext\\_maps2.cfm?map=muc](http://www2.oakland.edu/registrar/ext_maps2.cfm?map=muc)