

Boston Bolts Elite Summer Camp 2022:

Player/Parent Handbook

Hillside School, Marlboro, MA

IMPORTANT CONTACT INFORMATION

Elite Summer Camp Director	Andy Mason
Cell	781 301 1459
Email	AndyMason@BostonBolts.com



Dear Parent/Player,

Thank you for registering for the Boston Bolts Elite Summer Camp at Hillside School.

The information contained in this packet is **VITAL** to your experience at a Boston Bolts Elite Summer camp. Please read the following information carefully as many of the questions you may have regarding camp will be answered in this document.

We recommend that you keep hold of this paperwork as you may need to refer back to it closer the time. Thank you again for choosing the Boston Bolts.

Regards, Andy Mason – Camp Director

LOCATION

404 Robin Hill St, Marlborough, MA 01752

ARRIVAL/DEPARTURE TIMES

Overnight Campers

Check In – Day 1	8am
Check Out – Thursday	3:30pm

Full Day Campers

Check In – Daily	9am
Check Out – Daily	3:30pm

*Thursday is a 3:30pm departure for ALL campers.

WHAT DO I DO ONCE I ARRIVE?

Registration will be taking place in the Administration building (see map below) on the first morning for all players. For Full Day campers on the following mornings, you can drop off and your player can check in himself or herself.

We ask all families to try and “drop and go” at registration as the parking lot fills to capacity quickly – coaches will be on hand to show players to the dormitories.

Check in times on the first morning only are :

Overnight Campers = 8am
Full Day Campers = 8:30am



Please have any outstanding paperwork (medical information etc) ready to be handed in at this time. Registration is also a good time to ask any final questions or queries you may have.

If Full Day campers have anyone other than their Primary guardian collecting them each day, we need a signed note from the Parents confirming who is collecting.

WHERE DO I COLLECT MY PLAYER?

Families can park in the 'lower' parking lot (see map below), and walk up to the field for collection at 3:30pm. **PLEASE DO NOT ENTER THE FIELD PRIOR TO 3:30PM.**

SAMPLE DAILY SCHEDULE

8:45am-9am: Check In

9:15am: Morning Training (Session 1)

11:30am : End Morning Session

11:30am-1:00 pm: Lunch and Team Building Time

1:15pm-3:30pm: Afternoon Training (Session 2) *Full Day Players depart

3:30pm-4:15pm : Pool Recovery Time (weather dependent)

4:15pm-5pm : Dinner

5:30pm-7:30pm : Late Afternoon Training (Session 3)

7:30pm-9pm : Soccer movie/game highlights watching. Pizza night.

9pm-10pm : Back to dorms and lights out

MEALS

Boston Bolts work hard with all facilities in providing players many meal options that are based around dietary needs and specific fuels the campers will require to function throughout the daily activities.



However, if you have any particular **dietary needs**, please let Camp Director, Andy Mason, know asap. You will also be able to fill this out on the Vital Information google form.

MEALS SCHEDULE:

Breakfast	8am
Lunch	12pm
Dinner	5pm

If your child has any allergies or special dietary needs please contact Andy Mason (AndyMason@BostonBolts.com) prior to your arrival at camp.

SOCIAL MEDIA AND PLAYER IMAGES

Throughout the camp, we may ask an Assistant Coach to take a photo of the group in action, or a short video clip. We will occasionally use these images in our marketing and promotional material in the future, and we may post an image/video to social media each day.

We would love it if you would 'follow' us on our Social Media; Facebook (BostonBolts) and Instagram (BostonBolts).

If you DO NOT wish any image of your player to be used, please notify Andy Mason.

WHAT SHOULD I BRING TO CAMP?

- Athletic clothing and a change of clothes
- Shin guards
- Sunscreen & mosquito repellent
- Soccer ball (size 4 for players up to U12, size 5 for U12+)
- Face Mask
- Water bottle or cooler
- Personal hand sanitizer
- 1 Pair of sneakers/flat shoes (suitable for playing indoor soccer/futsal)
- 1 pair of cleats (preferably 2)
- 1 Towel
- Bathing Suit
- Money for drinks/snacks

If you are an **Overnight Camper**, please also bring the following :

- Sheets, Blankets, Pillows
- Box fan
- PJ's, sleeping clothes



- Shampoo, Body wash, soap
- Toothbrush/Toiletries

Please DO NOT bring an AC Unit, Refrigerator or Television.

Campers should *NOT* bring valuable items with them

Boston Bolts is not liable for any damage to valuable items a camper decides to bring along with them.

MEDICAL STAFF

All Boston Bolts Elite Summer camps have a fully qualified nurse and athletic trainer on staff. The staff responsible for medical care must hold any medications presently prescribed to your son or daughter. Please send such medication with a doctor's order so that it may be dispensed correctly. The coaching and medical staff monitors every injury.

The Nurse and Trainer will be present at check-in to discuss and speak to any parents who need their help.

If you have any questions before, during or after the camp for our Medical Staff, you can contact Andy Mason (AndyMason@BostonBolts.com)

If your Son/Daughter has any allergies, or requires medication then you must have filled that out on the Boston Bolts Medication Form which you have received.

COVID Guidelines and Protocols

Boston Bolts and Hillside School have been working closely together to make sure that all families feel safe on camp.

FAQ'S

- **When and where will registration take place?** Registration will take place at 8am on the first day of Camp in the Administration building. Full Day Campers can be dropped off here in the morning.
- **What will they do for meals?** All food is supplied on-site; however there may be the option for players to purchase further snacks from vending machines/snack shop at the camp.



- **What will my child do each day?** Training sessions will take up the majority of the players day, with 3 high quality sessions each day. In between they will be encouraged to rest and refuel properly, and we will have access to the Recreation room where there are a variety of games. We also have access to their pool area to cool off also (male and female players will use this at separate times).
- **Does my child need to go in the Pool?** No – there will be alternate activities for players not wishing to go in the Pool.
- **Can my child change/get showered if necessary?** Yes, we have access to dormitories and also changing facilities on camp.
- **Where will my player be staying if he is an Overnight Camper?** Players will be staying in the Williams and Whittemore dormitories. These are brand new dorm rooms! Each dorm room will sleep 2 players. You can request a single room if you would prefer (for an additional cost).
- **My camper wants to room with a friend, can they?** Yes! Make sure to complete the Roommate Request Form and we will do our best to satisfy all requests.
- **Will Male and Female Overnight Campers be in separate building?** Yes! Male and Female campers will sleep and stay in separate dorm houses.
- **How will Overnight Campers be supervised?** A coach will be sleeping on each dorm floor, with a clearly marked room, so that players are supervised and are able to contact a member of staff if needed.
- **What should I do with my child's medication?** There will be a registered nurse and qualified athletic trainer present to collect late medical forms and meds. This person will be staying on site for the entire week.
- **Will my child get plenty of soccer training?** Campers will be on the field three times a day for 2 hour periods working on a specific Boston Bolts devised curriculum that will challenge players technically, tactically, physically and psychologically. A Boston Bolts Elite Summer Camp is a great way to help your child develop as a soccer player and as a person.
- **Does my child need to bring money?** Whilst we don't encourage large amounts of money to be carried but there will be opportunities to purchase things like drinks and small snacks on camp, as well as for Pizza Night. Money can also be left with the Camp Director if you would prefer.

If you have any further questions before camp please do not hesitate to contact us:

Andy Mason – Elite Summer Camp Director - 781 301 1459 – AndyMason@BostonBolts.com



Campus Map

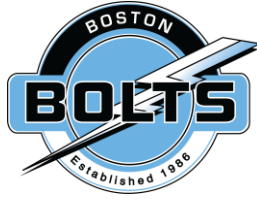


- 1: Lowell House[^]
- 2: Emerson House[^]
- 3: Rose Field
- 4: Lower Parking Lot
- 5: Tennis Courts
- 6: Field Pavilion
- 7: Doran Baseball Field/ Playing Field
- 8: Lighted Turf Field and Track
- 9: Administration Building

- 10: Mack House⁺
- 11: Whittemore House⁺
- 12: Williams House⁺
- 13: Messman-Saran Library
- 14: Drinkwater Hall[^]
- 15: Lebovitz Health Center
- 16: Academic & Health Center
- 17: Tracy Gymnasium
- 18: Matthies Cottage⁺

- 19: Maher House⁺
- 20: Chase Chapel
- 21: Malmstead House[^]
- 22: Tipper House[^]
- 23: Alumni Farmhouse⁺
- 24: The Barn
- 25: Patten House[^]

+ Student Housing
[^] Faculty Residence



Important locations on the Map :

The Blue circle highlights the parking lot for the Administration Building where registration and daily drop off will take place.

The Red Circle is the 'Lower' parking lot where Full Day Campers can be picked up from.

#9 = Administration Building. Where check in will be taking place. This also houses the recreation area.

#4 = Lower Parking Lot. Where Full Day Camper pickup will be taking place.

#8 = Turf Field. Main practice location for all groups.

#7 = Doran Field. Additional practice field.

#10 and #11 = Mack and Whittemore Dormitories.

We look forward to seeing you all on Camp this Summer, and to providing an amazing camp experience that all players will love.

We guarantee that all players will love the Elite environment that our coaches and staff create, and that they will all learn and improve their soccer skills greatly. If at any time, you have any questions then please don't hesitate to reach out.

See you on Camp!

Andy Mason

Boston Bolts Camp Director