

ESTABLISHED 1971



Camper Handbook

www.tworiverssoccer.com

415.928.6902 WINTER OFFICE (SEPT - MAY)

530.836.2869 SUMMER OFFICE (JUNE - AUG)



America's #1 Soccer Training Grounds

Dear Two Rivers Camper,

We are pleased that you are going to be joining us this summer. Get ready to improve your soccer skills, make new friends and participate in outdoor activities in a beautiful setting. Two Rivers offers a truly unique experience for the soccer enthusiast. Our camp, featuring European and American soccer coaches, creates an authentic soccer atmosphere. The camp, located in Graeagle, California is nestled in the majestic Sierra with two rushing streams bordering the 40-acre site.

Over the years thousands of soccer players from the U.S. and around the world have come to Two Rivers with a purpose – to improve their soccer skills and to have a great time. We look forward to the same experience for you this summer.

At Two Rivers you will experience success. You will be challenged to work hard and to improve more than you ever thought possible. You will leave camp with new feelings of self-confidence and inspiration to play your best soccer!

Can't wait to see you!

Two Rivers Soccer Camp, Family owned and operated since 1971
www.tworiverssoccer.com / info@tworiverssoccer.com
415.928.6902 (Winter office) 530.836.2869 (Summer office)

TWO RIVERS SOCCER CAMP GENERAL CAMP GUIDELINES

Two Rivers Soccer Camp wants to thank you for registering for camp this summer! We hope that this will be a memorable and exciting experience for you! The information below is VERY IMPORTANT, so please read it thoroughly. A camp director is available at (415) 928-6902 or after June 1 at (530) 836-2869 for further questions.



Registration (Check in at campsite)

4:00 – 6:00 p.m. Sunday at the camp office. Please do not arrive early. We will not be prepared for early arrivals, unless you have pre arranged for this with the camp office. There will be an additional charge for this service. Also be prepared for your first training session on Sunday evening. A separate bag with your cleats, shinguards, shorts and socks is helpful to ensure a smooth transition.



Camp Address

(When writing letters or postcards to your camper keep in mind it is a good idea to mail no later than Tue. of their session or it may not arrive in time for them to receive.) You may also bring mail at registration for us to distribute throughout the week!

****No food or confection packages allowed! Please do not send packages to campers.**

For camp mail, please use:

Camper's Name
c/o Two Rivers Soccer Camp,
P.O. Box 297, Graeagle, CA. 96103



Camp Phone (530) 836-2869 (Summer Office)

We will have someone on phone duty from 8:00 a.m. until 5:00 p.m. daily. A voicemail will pick up calls thereafter. To assist campers in gaining a level of self discipline and responsibility for adapting to being away from home, we discourage campers from calling home unless it is an emergency. If the camper has traveled a long distance and the parent requests a call upon their arrival at camp we will accommodate. Please do not use the fax or email as a means of personal communication with your camper. We must use the Two Rivers fax and email to serve as a quick delivery for business information. There are many benefits to be gained from this "away-from-home" experience, including a measure of self-reliance and independence. We post photos daily for you to view while your camper is in attendance with us.



Health & Safety

Health services include a resident nurse trained in first aid and CPR who lives on site full time. If injuries or illness of any significance should develop, we will transport the camper to the local General Hospital for attention accompanied by the campers health and release form with updated medical insurance information. (Drugs, alcohol and smoking of any kind are strictly forbidden and constitute, along with general misconduct, grounds for immediate dismissal from camp without refund or credit.).

Willful destruction by a camper to any camp facilities will result in the financial responsibility of the parent.



No Electronics at Camp

"There is a sense of joy and absolute freedom that we, growing up in this era of technology, can only find in nature." No cell phones, computers, ipods, hand held video games or ANY electronic devices are permitted at camp. Violation of this camp rule may result in dismissal.

Two Rivers does not encourage or endorse any contact between campers and staff once your scheduled camp date has concluded. This includes online emailing, social media, telephonic texting and in-person interaction. For obvious reasons after camp concludes the camp is unable to exercise any control or supervision of staff members.



Final Camp Day

Final games begin 9:30 a.m. on Saturday with Closing Ceremonies beginning at approximately 11:00 a.m. There is a barbecue / picnic lunch held on the last day of each session beginning at 11:30 a.m.

Family and friends are invited to attend all of the above events, which can be paid for online or through our office. Enrolled campers are our guest at the final day bbq.

Departure is by 12:30 p.m. Saturday. If it is requested that campers arrive a day early or stay over an extra night, there is a \$150 fee for meals / lodging and supervision. This can be paid for on-line and must be done in advance.



Stayovers

Campers staying for consecutive weeks are fully supervised during the weekend and will participate in a variety of activities. There is no extra fee for the extra day between sessions for those campers enrolled in multiple sessions.

Counselors will assist the campers with coin operated washers and dryers for camper laundry. Money for laundry will be taken out of the campers snack shop account.

HELPFUL TIPS FOR PREPARING YOUR CHILD FOR A SUCCESSFUL "AWAY FROM HOME" EXPERIENCE

1. Talk it up! Be sure to review the daily schedule, activity options and soccer training schedule with your child so they are prepared and excited.



2. Label all Items. Keeping your clothing items and supplies organized at camp is a sign of responsibility. Proper packing and labeling will be helpful. Refer to our "suggested clothing list" for camp necessities.



3. Set realistic expectations for your child. Let them know there is a counselor, camp nurse and directors on site at all times if needed. Difficult situations can be resolved by going to the appropriate authority figure. Do not tell your camper prior to coming to camp that if he or she is not happy that you will come get them or that they can come home. Having an "out" often sets the camper up to fail. It is hard for the administration to help the child who has already given up because their parents said they would come pick them up if things feel uncomfortable. Working on completing a successful week is a much better goal and strategy!



4. Arrive on time. Camp registration is fun and exciting (What cabin will I be in? Who will be my counselor and coach? etc). Arriving with plenty of time to get situated, meet the counselor and fellow cabin mates will make for a smooth transition. Keep in mind; we do not start registration early so plan accordingly as to how much time it may take you for traveling. Registration is from 4 p.m. – 6 p.m. Sundays. Arrive with soccer kit ready for first training session.



5. Make your goodbyes happy. Remember to remain positive while you are departing from camp after delivering your camper. This may be more difficult for you than for them. It's going to be a fun, positive experience for your child!



6. Communication while they are away. Gaining independence is a large part of camp. The camp schedule is also very busy and does not allow for calling home. You are welcome to send letters and we suggest sending it within the first two days so that it arrives on time. Remember, no faxes, emails or care packages while they are with us. Be sure your camper is aware of our NO ELECTRONICS POLICY.



7. It is always a good thing to make a new friend. Making new friends is a large part of being at camp. It is important to remember to treat everyone as a friend. Even if you come with a friend from home, there will be lots of opportunities to make new ones which every camper should be open to. Remember, roommate requests are granted whenever possible and it is never a bad thing to make a new friend.



TWO RIVERS SOCCER CAMP CLOTHING / EQUIPMENT LIST



Packing for Camp

Everything Brought to Camp Should Have a Name tag on It! Lost and found items, if left behind and properly labeled, will be returned upon notification. We will apply a \$5.00 charge to your credit card plus the shipping fee for all returned items. If your child brings home an item belonging to another, please notify our office.

Parents should help their camper (as age and camper responsibility dictates) to pack; remind your camper that it is "their responsibility" to care for his or her belongings. It is suggested that campers do not bring expensive clothing or things of value that may get lost or damaged. Campers should be able to carry their own duffel bag. We will make every attempt to assist your camper with managing their clothing and other items; however we are not responsible for lost items.

"An opportunity to train and enjoy the beauty of nature is an exceptional experience."

Two Rivers Soccer Camp

Clothing List/General Camp Items

- ☐ T-shirts / tops for casual wear. Two Rivers will supply each camper with two training shirts which will be worn at each training session. It is not necessary to bring soccer training t-shirts. T-shirts as well as all clothing should be "appropriate for a camp."
- ☐ Shorts for afternoon activities
- ☐ Jeans and or sweat pants for evening activities
- ☐ Sweatshirt for cool weather or evenings
- ☐ Underwear, Socks for daytime wear / activities
- ☐ Pajamas
- ☐ Swimsuit (girls one-piece swimsuits only)
- ☐ 1 pr. of tennis shoes for daily activities
- ☐ 1 pr. "old" tennis shoes or water shoes for river activities (no flimsy water shoes, no crocs)
- ☐ No Flip-flops (for safety reasons)!
- ☐ Yoga mat or extra towel for morning yoga
- ☐ Laundry bag (for dirty clothing)
- ☐ 1 Warm sleeping bag, 1 pillow & pillowcase
- ☐ Flashlight (w/ batteries)
- ☐ Beach towel, Bath towels, Washcloth

Personal Items

- ☐ Toothbrush and Toothpaste, Body Lotion, Shampoo, Soap
- ☐ Insect repellent, Chapstick, Deodorant, Sun Screen, Feminine products
- ☐ Comb / brush
- ☐ Blister pads / Band-Aids

Soccer Equipment

- ☐ Soccer cleats (broken in!!!!) No new cleats!
- ☐ Shin guards
- ☐ Shorts for soccer training (at least 4 pr.)
- ☐ Socks for soccer training (at least 1 pr. per day)
- ☐ Goalies need Goalie gloves!

Soccer Plus / Lifetime Sports

(only if registered for this program)

- ☐ Tennis – Proper attire for tennis activity, tennis racket, visor / cap.
- ☐ Golf – Proper attire for golf activity, golf clubs (if you have them), visor / cap.
- ☐ Horseback Riding – Jeans, shoes w/ heels, visor / cap.
- ☐ Hiking-Jeans, good fitting shoes for hiking, visor / cap.
- ☐ Fishing pole (if you have one).

Laundry

Facilities are available to those campers who are staying over for multiple weeks. Counselors will assist their campers with their laundry and "money for laundry" will be taken from their camp store deposit.

The following items are NOT allowed at camp: Cell phones, (or other personal technology items), food and drinks. Please do not bring anything of value that would be disappointing to lose while at camp.

DIRECTIONS



Two Rivers Soccer Camp is located between Graeagle and Quincy, California approximately one hour from Lake Tahoe and or Reno, Nevada.

Directions from the Bay Area:

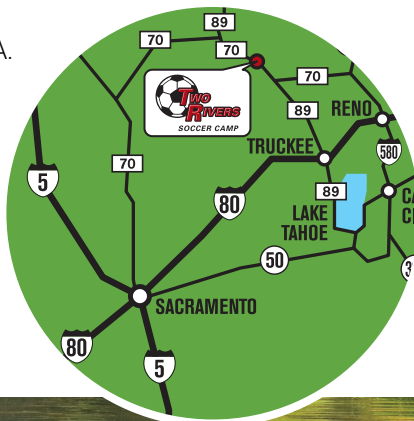
1. Take Hwy/Fwy 80 north toward Sacramento/Reno. When you get to Truckee, CA, look for Hwy 89 (just north of Truckee).
2. Take Hwy 89 left toward Sierraville/Quincy, CA. Stay on Hwy 89 going in the direction of Quincy. Hwy 89 comes to an end outside the small summer resort community of Graeagle. This is the junction of Hwy 89 and 70.
3. Turn left on Hwy 70 toward Quincy. At the junction of Hwy 70 and 89 you are approximately 3 miles from Two Rivers. At that distance, start looking for the Hwy Road Sign that reads "Two Rivers Road".
4. Turn left at Two Rivers Road. Park in the parking lots at the bottom of road. In the parking lot here will be staff personnel that can take your heavy and awkward luggage and transport it to the Two Rivers Recreation Room where campers can gather their luggage after they check in at the Camp Office. No vehicular traffic allowed on training grounds and camp property except Camp "Transport" vehicles.

Directions from Reno:

Take Hwy/Fwy 395 north toward Susanville, CA. About 20 miles outside of Reno, take a left at Hallelujah junction onto Hwy 70.

Turn west at Hallelujah junction to hwy 70 toward Quincy/Portola cities. Stay on Hwy 70 passing through Portola, CA. When reaching the junction of Hwy 70 and 89 continue on Hwy 70 for approximately 3 miles. Look for Hwy Road Sign that reads "Two Rivers Road".

Follow directions "4" from above.





TWO RIVERS SOCCER CAMP HEALTH & RELEASE FORM

You will not be admitted without this completed form.

If you have registered online you do not have to submit this form again. This form was submitted online at the time of registration. **Only hand one in at camp if you need to update us with new information.*

Camper's Name: _____ Camp Dates: _____

Sex: _____ Age: _____ Wt: _____ Ht: _____ Child's SS#: _____

Address : _____

Parent or Guardian's Phone Number: _____ Work Number: _____

Health and General History

If the camper should be restricted from any activities please note:

If the camper will be taking medication during camp, please indicate name of drug and dosage:

Please identify any medical condition or history, which would require special attention:

I hereby certify the named camper is physically able to participate in the Soccer Camp and that I know of no restrictions, physical impairments, or any other facts, which in any manner limit his/her participation in such a program.

_____(Parent signature)

Has the camper had? (Please check boxes for YES): ☐ German Measles ☐ Measles, Mumps ☐ Asthma ☐ Chicken Pox ☐ Pneumonia ☐ Diabetes ☐ High Blood Pressure

Medication

I agree to allow camp to administer Tylenol and/or Ibuprofen: ☐ Yes ☐ No

Immunizations

Dtap/Tdap: ____ (Month) ____ (Day) ____ (Year) Polio Vaccine: ____/____/____

Tuberculin Test: ____/____/____ MMR: ____/____/____

Menactra (ages 11-15): ____/____/____

Chicken Pox - 2 dates required: 1) ____/____/____ 2) ____/____/____

Allergies I do ☐ do not ☐ have any food allergies.

Not all food allergies can be handled at camp. Specific situations must be discussed with a director prior to registration. Doctor name _____

All dietary restriction and/or needs must be noted above. I have read, agreed and discussed with a director any food concerns regarding special dietary needs. ☐ I Agree

☐ Asthma ☐ Eczema ☐ Insect Stings ☐ Other _____

Drug Reactions

Note _____

☐ Sulpha ☐ Penicillin ☐ Antibiotics (type) _____

Food allergies _____

☐ I acknowledge that my camper has had a physical in the last year and is in good health prior to their arrival to camp.

INSURANCE INFORMATION

(Please attach a photo copy of insurance card information: front and back)

Carrier Name: _____

Carrier address: _____

City: _____ St: _____ Zip: _____

Policy Number: _____ Exp: _____

Policy Holder Name: _____

Policy Holder Date of Birth _____

I, the parent of _____, give permission for my child to receive emergency medical or surgical treatment and hospitalization if necessary. I understand that every attempt will be made to contact me, or the named person below, before taking this action. I hereby waive and release the Staff, Camp Management and Sponsors from any liability for any injury or illness incurred while at camp. I UNDERSTAND THAT THERE IS A RISK OF INJURY TO MY CHILD AS A RESULT OF CAMP ACTIVITIES, AND KNOWINGLY AND VOLUNTARILY ASSUME ALL RISK OF SUCH INJURY. I will be financially responsible for any medical attention needed during camp or resulting from an injury received at camp.

(Signature) _____ (Date) _____

Parent / guardian phone number while my child is at camp if different from above

Person to contact in the event I cannot be reached:

I will allow the camp to administer Tylenol or Ibuprofen if needed while at camp.

☐ Yes or ☐ No

(Signature) _____

Please note that any special food requirements or allergies must be discussed with a director prior to your arrival at camp.

Directors Name: _____ Date of conversation: _____

TWO RIVERS SOCCER CAMP

Terms and Conditions

You will not be admitted without this completed form.

*If you have registered online you do not have to submit this form again.

Please Note: Your credit card will automatically be billed by Two Rivers on the date you choose for "Final Payment." Your credit card bill will reflect Two Rivers Soccer Camp as the payee. You have agreed to all of the payment, refund and cancellation policies of Two Rivers Soccer Camp.

Terms and Conditions

I, the parent of the below child, give permission for my child to receive emergency medical or surgical treatment and hospitalization if necessary. I understand that every attempt will be made to contact me, or the person named below, before taking any medical action. I hereby waive and release the Staff, Camp Management and Sponsors from any liability for any injury or illness incurred while at camp. I UNDERSTAND THAT THERE IS A RISK TO MY CHILD AS A RESULT OF CAMP ACTIVITIES, AND KNOWINGLY AND VOLUNTARILY ASSUME ALL RISK OF SUCH INJURY. I will be financially responsible for any medical attention needed during camp or resulting from an injury received at camp.

I hereby certify the named camper is physically able to participate in the Soccer Camp and that I know of no restrictions, physical impairments, or any other facts, which in any manner limit his/her participation in such a program.

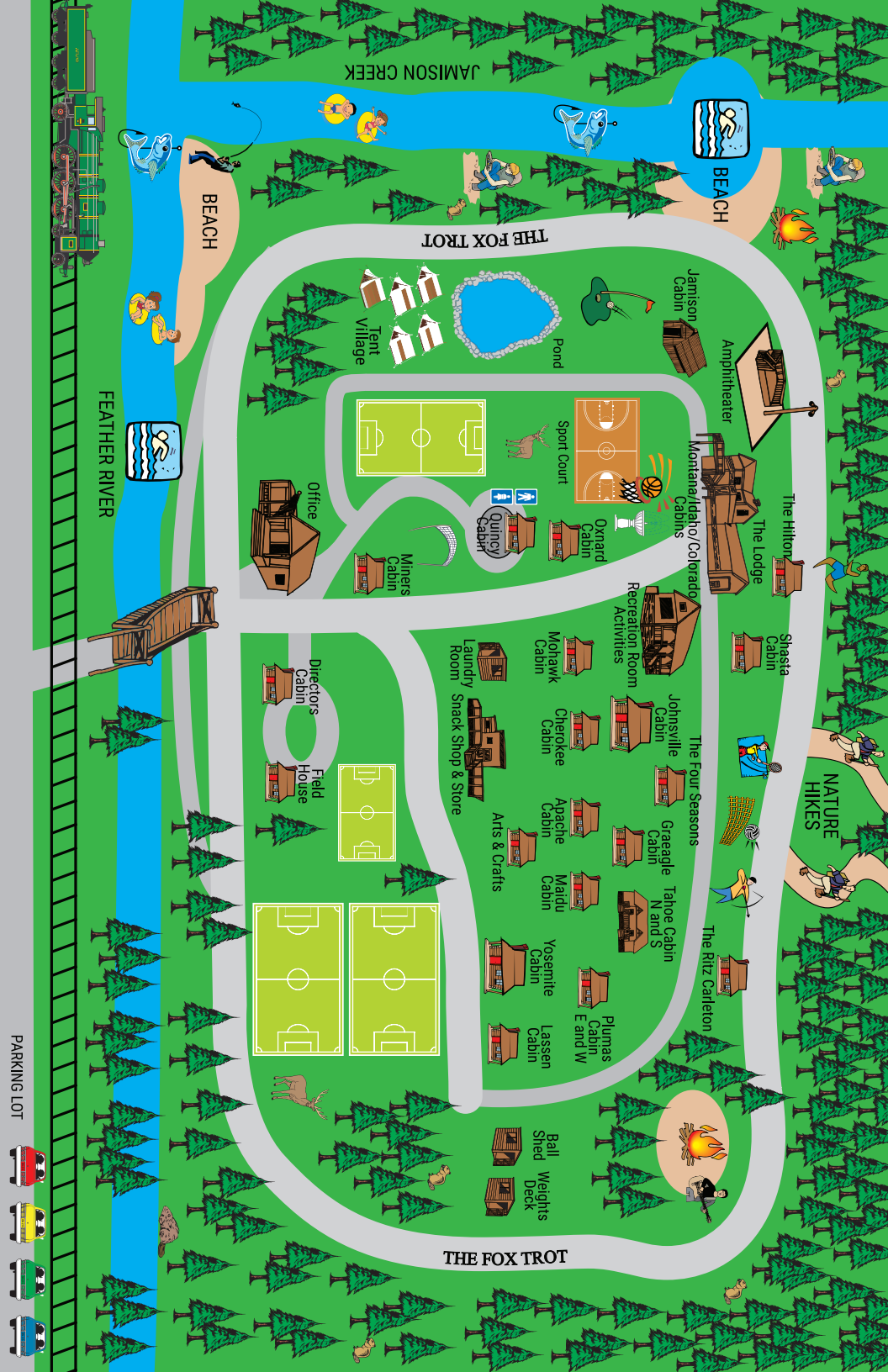
I understand Two Rivers Soccer Camp retains the right to use for publicity purposes, photographs of campers taken at camp.

Two Rivers does not encourage or endorse any contact between campers and staff once your scheduled camp date has concluded. This includes online emailing, social media, telephonic texting and in- person interaction. For obvious reasons after camp concludes the camp is unable to exercise any control or supervision of staff members.

Refund Policy

Many families choose to take advantage of the Two Rivers Refund Insurance to insure a refund if they have to cancel their reservation. The cost of this insurance is \$250.00 per week of enrollment, due with your deposit at the time of your initial registration. One parent called it "our peace of mind policy". When you purchase this insurance and have to cancel, for any reason, **prior to May 1**, we will refund all monies paid toward the camp fee (minus the **\$250.00** insurance fee). No questions asked. If you cancel **after May 1** and at least **14 days** prior to the first day of your session, you will receive a credit for all monies paid toward the camp fee to be used in the **subsequent year (no exceptions)**. Last minute cancellations (within 14 days of the start of your camp session) will not be refunded (no exceptions).

Parents Name & Signature _____



BEACH

THE FOX TROT

BEACH

JAMISON CREEK

FEATHER RIVER

PARKING LOT

NATURE HIKES

THE FOX TROT

Jamison Cabin

Amphitheater

The Hilton Lodge

Shasta Cabin

Montana/Dakota/Colorado Cabins

Sport Court

Oxnard Cabin

Quincy Cabin

Miner's Cabin

Office



Tent Village

Recreation Room Activities

The Four Seasons

Tahoe Cabin N and S

The Ritz Cation

Johnsville Cabin

Graeagle Cabin

Plumas Cabin E and W

Lassen Cabin

Yosemite Cabin

Madu Cabin

Apache Cabin

Cherokee Cabin

Mohawk Cabin

Ball Shed

Weights Deck

Laundry Room

Snack Shop & Store

Arts & Crafts

Directors Cabin

Field House

