

VISION TRAINING SOCCER CAMPS
HEALTH INFORMATION FORM

The form is to be **PRESENTED TO THE TRAINER AT CHECK-IN**. Please **DO NOT** mail this form.

Participant's Name: _____

Participant's Date of Birth: _____ Age _____ Sex: _____

Address: _____ City _____ State _____

Home Phone: (____) _____ - _____ Email: _____

Parent or Guardian Name: _____

Emergency phone: (____) _____ - _____ Work Phone (____) _____ - _____

Health Insurance Company: _____

Policy Number(s): _____

1. Date of last tetanus shot: _____

2. Date of Diphtheria immunization: _____

3. Date of last Whooping Cough immunization: _____

4. Date of last MMR (measles, mumps, rubella) immunization: _____

Was this a second immunization? _____ Yes _____ No

5. List any allergies including bee stings, hives, asthma: _____

Circle if applicable: I use epi pen/I use inhaler (indicate type) _____ My child can use this independently _____ Yes* _____ No

6. Will the participant be taking any medications while attending the camp?

_____ Yes* _____ No

If yes, what? (Name and dose): _____

Are there special considerations with regard to this medication? _____ Yes* _____ No

7. Does the participant have any current or recent health problems? (Example: diabetes, epilepsy, recent surgery, injury, etc.) _____ Yes* _____ No

If yes, please describe (include dates of occurrence) _____

* Please explain (attach extra pages if necessary) _____

Date of most recent physical exam _____

My son/daughter has had a physical exam and has my permission to participate in the above program.

In the event of an emergency, if I cannot be reached by telephone, I authorize emergency medical or surgical treatment for my child.

Parent/Guardian Signature

Date

Parent/Guardian (Print Name)

East Stroudsburg University

Directions:

From Syracuse, NY and Points North:

I-81 South to I-380 East to I-80 East to Exit 308.

From other points in upstate NY:

I-84 West to Motamoras, PA Exit 1 to
209 South to East Stroudsburg.

From Boston MA and Points Northeast:

I-95 South to I-80 West to Exit 308.

From Washington DC and Points

Southwest: I-95 North to I-83 North to
I-81 North to I-80 East to Exit 308.

From New York City and Points East: George Washington Bridge to I-80 West to Exit 308.

From Philadelphia, PA and Points South: Northeast extension of the Pennsylvania Turnpike to Route 22
East to Route 33 North to I-80 East to Exit 308.

From Trenton, NJ: Route 31 North to
Route 46 West to I-80 West to Exit 308.

From Jersey Shore Area: Garden State
Parkway North to I-280 North to I-80
East to Exit 308.

From I-80 take Exit 308. Turn right onto Prospect Street. Go through 2 lights turn right onto Normal
Street. Go to the end of Normal Street...you will see signs for the **Vision Training Soccer Camp**

VISION TRAINING CAMPER CHECKLIST - ESU DAY & EXTENDED DAY

Helpful Hint: Break in new shoes prior to camp! Also, to reduce foot fatigue, bring a pair of turf shoes or flats!

Extended Day

- and Day Camper:** [] One towel
[] Warm clothing as needed
[] Soccer shoes & training shoes (flats or turf shoes)
[] One bathing suit/flip flops or sandals
[] One gym bag
[] Extra shorts, shirt, socks
[] **Shin guards**
[] **Small water bottle** (NO JUGS)
[] Rain gear (depending on weather)
[] Money - most parents allocate \$25-50.00...there is **asnack shop & soccer retail store** on site...to safeguard your child's money we provide a **CAMP BANK**.
[] Completed **Health Form** to be submitted to our trainer at check-in.
Please DO NOT mail in your health form.

SUNDAY CAMP SCHEDULE

- 3:00-4:00 PM Check in at the East Stroudsburg University Hawthorne or Linden Residence Hall (Follow the Vision Training Camp Signs)
4:30 PM Camp Opening (directly outside the Residence Hall)
Parents are welcome!
5:00 PM Dinner for **ALL CAMPERS** (please wear flats or sandals)
6:00 PM Training for **ALL CAMPERS**. Please report dressed in soccer equipment ready to train.
Please bring your **water bottle** and cleats or turf shoes.

THURSDAY CAMP SCHEDULE

- 9:00 AM Field Session - Games
11:00 AM Clean-up
11:45 AM Camp Closing at (Directly outside of the residence hall)
12:00 PM Camper pick-up

**** A complete Camp Schedule will be posted in the Dorm**

CAMP STORES: Snack Shop and **Soccer Magic Plus**, a soccer specialty shop.

VISION TRAINING SOCCER CAMPS - ESU
Day and Extended Day Camp Information

1. **Monday thru Thursday Arrival Time:** 8:45 A.M. Please check in with the designated counselor at the DORM lobby. Morning sessions begin at 9:00 A.M.
2. Be sure to bring a small bag with you -- include, **flats or turf shoes, flip-flops or sandals**, and an **extra pair of socks** (no valuables please).
3. Vision Training Soccer Camp will manage a **camp bank**; see TJ Kostecky.
4. **Swimming** will take place Monday, Tuesday and Wednesday. You will need to bring a swimsuit and towel, **flip-flops or sandals**.
5. **Do not cross the street without supervision from a coach.**
6. **Evening games** begin at 6:00 P.M. for *Extended Day Campers*. The **evening games schedule will be posted Monday evening in the dormitory and each coach will have a copy of the schedule.**
7. **Week-night pick-up** for *Day Campers* is 4:30 P.M. at the **Dorm**.

Week-night pick-up for *Extended Day Campers* is at 7:00 P.M. or 8:00 P.M. **at the field**, depending on the game schedule. After your game, you **must check out** with the designated counselor **at the field before being dismissed.**