

Mark Krikorian Soccer Academy

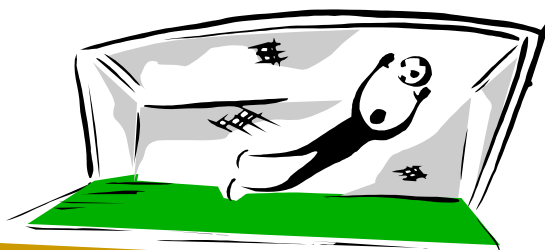


Rules and Regulations

THESE RULES AND REGULATIONS HAVE BEEN PUT IN PLACE TO ENSURE YOUR SAFETY AND THAT OF OTHER CAMPERS. REMEMBER OUR INTENTION THIS WEEK IS TO DEVELOP YOUR SOCCER SKILLS.

1. Be respectful of all campus, athletic facility, dining hall and dorm rules. You are a guest on the Florida State Campus.
2. Students that drive to camp must turn in their keys to the director, and park in a permissible parking space. Use of the car will be forbidden during the camp week.
3. Students must stay within the areas designated by the Camp Director.
4. No one is allowed to leave campus without the permission of the Camp Director.
5. POSSESSION OF ALCOHOLIC BEVERAGES, DRUGS INCLUDING TOBACCO, FIREARMS, OR ANY ITEM DANGEROUS TO OTHER STUDENTS WILL RESULT IN **IMMEDIATE DISMISSAL AND POSSIBLE CRIMINAL PROSECUTION.**
6. Tampering with fire safety equipment, electrical wiring or any campus property may result in dismissal.
7. Rooms must be kept clean and neat. Students are responsible for broken or damaged items. Before dismissal from camp rooms will be inspected.
8. Students must secure their valuables. FSU and/or Mark Krikorian Soccer Academy are not responsible for any lost valuables.
9. No student is allowed in another student's room without invitation.
10. Female dormitory areas and rooms are off limits to all males and vice-versa. Violators will be **IMMEDIATELY DISMISSED.**
11. The daily schedule is to be followed by all participants, including meeting times, meal times, and wake-up and lights out.
12. Shinguards are mandatory at all training sessions.
13. An athletic trainer will be available. If special treatment is necessary, we must be informed in writing prior to the first training session. All injuries must be reported to the athletic trainer.
14. All medications will be self-administered at camp. It is the responsibility of the camper to take medications at the appropriate time and to keep in a safe place.

Concentrate on soccer and enjoy the experience and the reward will be worthwhile. If you have questions or concerns regarding any of the above rules please contact us before camp. These rules will be reviewed at the 1st session.



Mark Krikorian Soccer Academy

FSU Soccer Office
385 Chieftain Way
Tallahassee, FL 32306

Phone: 850-645-3200
Fax: 850-645-3201
E-mail: floridastatesoccer@gmail.com

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BRING THE FOLLOWING:

- Cleats that are already broken in. Don't buy a new pair of shoes to wear at camp unless you have enough time to break them in. New shoes can give you blisters.
- Indoor/flat shoes for possible indoor sessions and casual evening wear. Sometimes because of bad weather sessions will be conducted indoors.
- Shinguards. Note: Please bring your own athletic tape if you need to hold your socks up. Our athletic trainer's tape is for injuries only.
- A warm-up suit/sweats. You don't want to get cold on your way to the evening lecture.
- A rain suit is recommended in the event of a wet week.
- Plenty of t-shirts, shorts, socks and underwear. Sorry, sleeveless T-shirts are not to be utilized on the field.
- Sheets (standard twin), blankets, pillow and towel(s).
- Bathroom items e.g. soap, shampoo, toothbrush, toothpaste, deodorant, etc.
- Sandals for the shower.
- Laundry detergent - To wash your dirty gear.
- A bathing suit. Some camps have access to a swimming pool & after a tough session the pool can feel great.
- An alarm clock. You don't want to miss breakfast!
- A fan. Not all rooms are air-conditioned.
- A notebook and pen for evening classroom sessions.
- Bug spray and sun screen. Ouch!
- A calling card or change so you can call home and tell everyone that you're doing great.
- Spending money for evening snacks, laundry or the camp store. Sorry no camp bank.
- A water bottle. You don't want to get dehydrated.
- An address book. The friendships you make can last a lifetime.
- A disposable camera if you want a "Kodak moment" with your new friends.

GOALKEEPERS:

In addition to the above also bring:

- Extra goalkeeper jersey(s).
- At least one pair of goalkeeper gloves.
- Long goalkeeper pants or sweatpants for breakaway sessions. Skidz or protective shorts work well but we suggest long pants for breakaway training.

Tips for Camp -

1. BE PHYSICALLY PREPARED

Coming to camp fit and in good physical condition will enhance the quality of your experience and help you avoid injury.

2. TAKE GOOD NOTES

In the evenings you will have lectures that will provide you with valuable information. Make sure you write it all down, including the activities and coaching points you received out on the field. Be a student of the game.

3. TALK TO THE COACHES

Make sure you ask questions, develop a relationship with your coaches. They can be a great resource for you even after the week ends.

4. STAY POSITIVE

The week can be tough physically. It is important that you stay focused on becoming a better soccer player as you become tired and that you stay positive.

5. HAVE FUN !



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MEDICAL RELEASE FORM

Please read the following agreement carefully before signing. Although camp participation is encouraged, it is encouraged only if healthy.

CERTIFICATION OF PHYSICAL FITNESS TO PARTICIPATE:

1. I understand that there is a risk in participating in any sport, including Mark Krikorian Soccer Academy Camps., a risk of injury, including but not limited to serious permanent injury, paralysis, and death. To minimize the risk of injury, I agree to tell my child to obey all safety rules and to report fully any problems related to his/her physical condition to the summer camp coaches as soon as the problem begins.
2. By signing below, I certify the following:
 - That my child is not currently under the care of a physician for an injury or illness that would prevent his/her safe participation in soccer camp.
 - That my child is not currently being treated for or recovering from an orthopedic injury that would prevent his/her safe participation in soccer camp.
 - That my child has no history of fainting or other problems related to strenuous exercise; and
 - That my child is in good health and there is no reason he or she cannot safely participate in strenuous physical activity.

Parent/Guardian Signature _____ Date _____

CONSENTS:

1. By my signature below, I hereby give permission for the Mark Krikorian and its employees and agents to obtain medical treatment for my child, _____, in the event of an accident or illness during his/her time at camp.
2. By my signature below, I hereby give consent to have my child be photographed or videoed during camp activities, and I agree that the images so obtained may be used for educational and public relations purposes by Mark Krikorian Soccer Academy.

Parent/Guardian Signature _____ Date _____

RELEASE:

1. I do hereby agree that I am and shall be responsible for all costs associated with any injury or loss that may be sustained by my child as a result of his or her participation at soccer camp. I also certify that I have health insurance which provides adequate coverage for injuries or illness my child may sustain while participating at Mark Krikorian Soccer Academy.
2. By my signature below, I also agree to release and promise not to sue Florida State University, Mark Krikorian Soccer Academy, or their employees or agents, for any damages, loss, injury, or death arising from my child's participation in the Mark Krikorian Soccer Academy.

Parent/Guardian Signature _____ Date _____



Mark Krikorian Soccer Academy

YOU MUST BRING THIS COMPLETED CARD WITH YOU TO CAMP

CAMPER _____
LAST FIRST

PARENTS _____
LAST FIRST

ADDRESS _____
STREET CITY & STATE

EMERGENCY PHONE NUMBER (H) _____ (O) _____

HEALTH INSURANCE INFORMATION

Company _____

Policy Number _____

Date _____

Allergies (medication, food, bee sting, poison ivy, etc.)

Please describe the nature of the reaction (rash, hives, difficulty breathing, etc.)

Injury history (eg. recent sprains, fractures):

Medical conditions (eg. asthma, diabetes, cardiac disorders, seizure disorders)

Medications currently taking

STATEMENT FROM PHYSICIAN

I certify that this camper is physically able to participate in soccer camp without restriction:

Physician's printed name
Office phone number

Physician's signature

Please list any medical problems of which the camp staff should be aware:

Date of last tetanus shot _____