



# CENTRAL FLORIDA SOCCER ACADEMY

## 2010 SUPER ELITE CAMP JULY 28-31

### Wednesday (Day Campers 3pm-8:30pm)

2:30-3:30pm Check-in at Libra Community Center  
3:45pm Opening Meeting  
5:00 Dinner  
6:30-8:30pm Evening Session (Matches)  
11:00pm Lights Out

### Thursday and Friday (Day Campers 6:30a-8:30pm)

6:30am Fitness Session  
7:30am Breakfast  
8:30-11:00am Morning Session  
11:30am Lunch  
1:00-2:00pm EXACT Mental Development Training  
2:30-4:30pm Afternoon Session  
5:00pm Dinner  
6:30-8:30pm Evening Session (Matches)  
11:00pm Lights Out

### Saturday (Day Campers 6:30a-12pm)

6:30am Fitness Session  
7:30am Breakfast  
8:30-11:00am Matches  
11:15am Closing Ceremonies and Awards (Dorm courtyard)  
11:45am Check out

*\*Parents and coaches are welcome at all sessions*

*\*Campers do NOT need a printout of this schedule with them. Our coaches will keep them updated on the daily schedule.*



## Check-In

Check-in for overnight campers and day campers will begin at 2pm at the Libra Community Center. Come in the main entrance at the corner of University Blvd and Alafaya Trail. Take a right on Gemini Circle. Take a left on Libra Drive (Libra is the traffic light with water tower on corner). You can park in Lot C3 just to your right or B9 that is on the other side of the Libra Community. In the middle of all the Libra dorms there is a community center where check-in will be. Log onto <http://campusmap.ucf.edu/> for a detailed interactive map and then choose LIBRA COMMUNITY in the drop down building selection menu. If you have any questions, please first check the **Frequently Asked Questions** section of the website, as you will find most answers there. After you check-in campers will get settled in their room and then will meet in courtyard in front of dorms at 3:30pm. Camp will officially begin with an orientation meeting at 3:45pm for all campers. Parents are welcome at the orientation meeting and are invited to observe all sessions (see parking information below). Should your child lose the key to her room, there is a \$50 fee for its replacement and a \$40 fee for a lost meal card.

**Note:** there are phone jacks in the rooms but no phones. We suggest using cell phones. If your daughter brings a cell phone we are not responsible for it or any other items of value. Campers are instructed to keep dorm rooms locked at all times. **Housing Emergency contact** (24 hour Housing office - for emergencies only) is **407-882-5015**.

## Roommate List

Rooming List is done no more than 10 days prior to camp. Once completed it will be uploaded to the website so that you can see who your roommate will be (no exact location or room numbers will be posted). An email will be sent out letting you know it has been posted.

## Twitter @cfsaorlando & Facebook Fan Page

Receive our tweets and keep up to date as to what is going on at camp... weather updates... payment reminders, etc. [www.twitter.com](http://www.twitter.com) You can receive our tweets as text messages (see mobile settings on twitter page). Make sure to become a fan of Central Florida Soccer Academy on Facebook!

## **EXACT Mental Development Training**

In a partnership with EXACT Sports ([www.exactsports.com](http://www.exactsports.com)) players will have the opportunity to access the same mental program used by UCF Soccer. You will be receiving an email with instructions on how to access the online mental training assessment which must be completed before camp begins. During camp we will have two mental development sessions and you will be given a detailed training guide customized to your needs at the end of camp. We do not offer this at any of our other camps.

## **Coming to a training session**

.....at the Track and Soccer Complex (Arena Field).... Coming in the main entrance (at the corner of University Blvd and Alafaya) turn right onto Gemini Circle. Proceed around the campus circle and turn right East Plaza Drive (by the Barnes & Noble). The fields will be on your right. You can park in Garage F on your left which is the only garage on campus that does not require a daily permit. Click here for a picture of the Arena and an interactive map.

<http://campusmap.ucf.edu/flash/index.php>

*Please see parking information below for campus parking policies.*

**Closing Ceremonies** start at 11:15am in the courtyard of the Libra Community Dorms right outside where you checked in. Official check out from housing will be at 11:45am. At closing ceremonies each camper will receive an evaluation from her coach. Parents please decide on the location you will meet your daughter on the last day. For check out...dorm keys, meal cards, and lanyards must be turned in at the Libra Community Center (where check-in took place). Should your daughter lose her room key there is a \$50 fee and a \$40 fee for a lost meal card.

## **Overnight Camp Packing List** (DO NOT BRING ANY VALUABLES)

(CFSA is not responsible for any lost or stolen items. Campers are instructed to keep dorm rooms locked.)

- Enough soccer clothing for the whole week of camp (3 sessions a day)
- Rain Jacket or rain poncho
- Twin bed sheets, blanket (or sleeping bag), pillow
- Bath Towels and Toiletries
- Soccer Ball (**REQUIRED**) (please make sure it is pumped up when you arrive)
- Shin-guards (**REQUIRED**)
- Cleats (**REQUIRED**)
- Running shoes (**REQUIRED**)
- Sunscreen and Bug Repellent
- Alarm Clock (**REQUIRED**)
- Spending money for snacks, drinks, more UCF gear at camp store; pizza after night games
- Small athletic bag/backpack to carry your gear back and forth to the field
- Goalkeepers – long sleeve jersey or shirt
- Any Prescription medication (let the athletic trainer know at check-in only if assistance is needed)
- If you normally get your ankles taped please bring your own athletic tape
- *Each camper will receive a free CFSA water bottle!*

## **Michelle Akers Jersey Raffle**

This summer Michelle Akers is providing us with an autographed jersey to raffle off to 3 lucky winners! Raffle tickets will be available for purchase at check-in and on the last day of camp. Tickets are \$10 each or 3 for \$25. All proceeds for the raffle will go to help Michelle's Horse Rescue. For more information on the rescue visit the website

<http://www.michelleakershorsescue.com/>

## **Camp Store**

In the dorm we will have a camp store set up that will be supplied with snacks and drinks for campers to buy in between sessions and in the evenings. The camp store also organizes ordering pizzas at night for those that are hungry again after the evening session. Pizzas are \$10 and orders must be placed in the camp store by 6pm every night for delivery that evening at 9pm. Also this year in the camp store there will be assorted UCF gear and t-shirts for sale! The camp store is cash only so be sure to bring enough for the week. CFSA is not responsible for any cash or valuables that a camper has in her possession or in her room.

## **Parking**

All vehicles parked on campus must display a valid parking permit. You can purchase a daily parking permit for \$5.00 (exact cash or credit card) at the Visitor Information Center or any of the pay and display machines located in student lots (green) and parking garages. A daily permit allows parking in the student lots and garages only (green). Garage F behind the Arena is the only garage that does not require a daily parking permit. CFSA is not responsible for any vehicles that receive parking citations while on the campus of UCF. For a complete copy of the regulations or a campus map, contact Parking Services at 407-823-5812 or visit <http://www.parking.ucf.edu/>

## **Refund Policy**

A \$100 deposit is required to register for a CFSA camp. The deposit is non-refundable except in the case of disabling injury (certified by a qualified physician) when \$50 is refunded. Final full payment is due 14 business days prior to camp start date. A fee of \$15 will be applied to those accounts that have late payments. There is a \$30 fee for any checks returned to CFSA due to insufficient funds. Team and sibling discounts are available. Only one discount applied per camper. There are no refunds for sessions delayed or missed due to any acts of God (i.e. rain, lightning, hurricane, tornado, etc).

## **Payment Policy**

Final payments can be made by clicking on REGISTER NOW on the top of our home page and then clicking on the MY ACCOUNT button to login to your account. **Final payment is due by July 8th.** If you have not made your payment by then we will automatically be processing the balance to the credit card listed on your account. You can also make your final payment by mailing in a check to the address below, which must be postmarked by July 8th. If you are mailing your final payment after that date please add a \$15 late fee. A \$30 fee will be applied if a check is returned to us with insufficient funds. Please make checks payable to Central Florida Soccer Academy - P.O. Box 780277 Orlando, FL 32878-0277.

## **Contact Information**

Please visit the "Frequently Asked Questions" section of our website. If you need something further please email Donna Fishter at [info@centralfloridasocceracademy.com](mailto:info@centralfloridasocceracademy.com) (office phone 407-823-6611).

## **Directions**

Our physical address is: 4000 Central Florida Blvd. Orlando, FL 32816 (DO NOT MAIL PAYMENTS HERE)

*Click below to use MAPQUEST*

<http://www.mapquest.com/maps/map.adp?country=US&addtohistory=&address=4000+Central+Florida+Boulevard&city=Orlando&state=FL&zipcode=32816&homesubmit=Get+Map>

*Click below to use GOOGLE MAPS*

<http://maps.google.com/maps?q=4000+Central+Florida+Blvd.+Orlando,+FL+32816&spn=0.0294189453125,0.054895086742220656&hl=en> or visit <http://campusmap.ucf.edu/vicinity/> for directions.

For a UCF campus map go to <http://campusmap.ucf.edu/>

### **From Orlando International Airport**

Go east on 528 to 417 north. Take 417 North to University Blvd. Exit east onto University Blvd. Continue east on University Blvd. for approximately two miles and it will take you to the main entrance to the campus. Make a right turn at the first light, Gemini Blvd.

### **From Orlando Sanford Airport**

Take Lake Mary Blvd. to 417 South. Take 417 South to the University Blvd. exit. Exit east onto University Blvd. Continue east on University Blvd. for approximately two miles and it will take you to the main entrance to the campus. Make a right turn at the first light, Gemini Blvd.

### **From Gainesville**

Take 75 South to the Florida Turnpike South to 408 East. Take 408 East to 417 North. Exit off of 417 to University Blvd. East. Take University Blvd. 2 miles and it will take you to the main entrance of the campus. Make a right turn at the first light, Gemini Blvd.

### **From Jacksonville**

Take I-95 South. Exit at Colonial SR50 West. Take SR 50 to Alafaya Trail (434). Make a right turn on Alafaya Trail. Continue on Alafaya Trail to University Blvd. Make a right turn at corner of University Blvd. and Alafaya. You are on campus. Make right turn at first light, Gemini Blvd.

### **From The South**

Take the Florida Turnpike north and take 528 East. Take 417 North. Exit off of 417 onto University Blvd. East. Continue on University Blvd. for 2 miles and it will take you to the main entrance of the campus. **(or)**

Take I-95 North. Exit at Colonial SR50 West. Make a right turn on Alafaya (434). Continue for approximately 2 miles to University Blvd. Make a right turn at corner of University Blvd and Alafaya. Right on Gemini Blvd.

### **From The East, Titusville and Daytona**

Take Highway 50 West to Alafaya Trail. Turn right on Alafaya (434), go north for two miles. Turn right onto University Blvd. and you are on campus. Make a right turn at the first light, Gemini Blvd. **(or)**

Take I-4 West to 417 South. Exit off of 417 at University Blvd. East. Continue on University Blvd. East and it will bring you straight into campus. Make a right turn at the first light, Gemini Blvd

### **From The Tampa Area**

Take I-4 East to 408 East. Take 417 North and exit off of 417 at University Blvd. East. Continue on University Blvd and it will take you to the main entrance of the campus. Make a right turn at the first light, Gemini Blvd.