West Windsor-Plainsboro Soccer Association

2023 Summer Soccer Camp

Information Packet
# Important Camp Details

**Location:** West Windsor Community Park  
Bernt Midland Boulevard  
West Windsor, NJ 08550

<table>
<thead>
<tr>
<th>Time</th>
<th>Details</th>
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<tbody>
<tr>
<td>Early Drop Off</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>Half Day AM/Full Day Check In</td>
<td>9:00 AM</td>
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<tr>
<td>Half Day AM Pick Up</td>
<td>12:00 PM</td>
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<tr>
<td>Full Day/Half Day PM Pick Up</td>
<td>3:00 PM</td>
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<tr>
<td>Late Pick Up</td>
<td>4:00 PM</td>
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**Weather:** If inclement weather or an unsafe heat index are predicted before the start of a camp day a cancelation notice will be emailed out by 7:30 AM to all camp participants. If inclement weather, an unsafe heat index, or a medical emergency occurs during the camp all plans of action are explained in greater detail at the end of this packet and will be executed accordingly.

**Cancellations:** If 2 or more days of camp in the same camp week are cancelled due to weather or heat, participants will be given the option to attend makeup days during another camp week if approved by the camp staff or will be credited towards future camps.

**Allergy/Medical Conditions/Medication:** If your camper has any allergies, medical conditions, or medications please alert the camp staff prior to attending the first day of soccer camp. The coaching staff will also need to be aware of where any medication such as inhalers are stored in case we need access to them.

**Coaching Staff:** Coaches Elizabeth Nielsen and Armen Simoniants will be the lead coaches for our weekly camps. They will be assisted by youth coaches.
Appropriate Dress and Equipment

Please dress appropriately for warm summer weather

- **Cool breathable attire** such as t-shirt, shorts, athletic tank tops, baseball caps
- **Shin guards** are required and must be worn inside socks.
- **Soccer cleats** are required. Baseball, metal cleats, or cleats with a toe cleat are not allowed.
- **Soccer ball** – strongly recommended. Size 3 soccer ball for ages 7-8. Size 4 soccer ball for ages 9-12. Size 5 soccer ball for ages 13 and older.
- **Water bottle/Sports Drink** – required and must be refillable.
- **Eyeglass straps** are recommended for players who wear glasses.
- **Mouthpieces, cups, and sports bras** are optional.
- **Bathing Suit/Towel** if a pool pass is purchased.
- **Extra change of clothes** in case of water related activities are done that day at camp due to the temperature.
- **Sunscreen/Zinc** is recommended to protect from sunburn.
- **No jewelry** such as earrings, rings, bracelets, and necklaces etc.

Please label all personal items with camper’s name
Nutrition and Hydration Information

Campers must pack their own lunch and snacks - it is not included.

Throughout the camp it is important that the participants are getting proper rest before each day, staying hydrated, and fueling the body with healthy meals and snacks. Here are some suggested options.

**Breakfast ideas:** Oatmeal, bagels, English muffins, eggs, peanut butter toast, honey on toast, cereal, parfait, fruits like apples, bananas, oranges, blueberries, strawberries, 16 oz. of water, milk, or fruit juice.

**Lunch ideas:** Light meat deli sandwich (no mayo), PB&J sandwich, salad, grilled chicken, rice, noodles, fruits like apples, grapes bananas, oranges and watermelon, veggies like carrots, celery, or lettuce, 16 oz. water or sports drink.

**Dinner ideas:** Chicken, fish, steak, pasta, rice, baked/mashed potato, salad, veggies like broccoli, carrots, green beans, peas, cauliflower, kale, peppers, 16 oz. water, milk, or sports drink.

**Snacks ideas for during camp:** Granola bars, protein bars, yogurt (if kept cool), fruits; i.e. bananas, grapes, and raisins, apples, graham crackers, 8 oz. water or sports drink.

**Snacks ideas for after camp:** Fruit snacks, gummy bears, yogurt, almonds, half of a peanut butter sandwich, crackers and cheese, pretzels, popsicles, fruits like grapes, oranges, raisins, veggies; i.e. carrots or celery, 8 oz. chocolate milk, water or sports drink.

**Continued Hydration:** In between activities players should stay hydrated consuming a mix of water and sports drinks throughout the day. **One 16 oz. water bottle is not enough water needed to stay hydrated the entire day. Full-day campers should be at least 64 oz. of water.** It is recommended to bring large jugs of ice water, or multiple smaller water bottles in a cooler. To keep the beverages cold you can freeze them over night and they will thaw during the camp day. You can also bring refillable water bottles. It is further recommended to bring rags/towels that have been soaked in water and frozen over night, or spray bottles for cooling breaks.
Heat Contingency Plan

Heat Illness: The NFHS SMAC continues to encourage athletic trainers, coaches, players and parents to be vigilant about heat illness. The pre-season is the time of greatest risk. An important component of heat illness awareness and preparation is to have in place a well-rehearsed Emergency Action Plan. This includes protocols for treating heat illness, including strategies for rapid cooling of at-risk athletes and guidelines for practice/game modification when indicated by Wet Bulb Globe Temperature (WBGT) monitoring. Coaches need to remain open and flexible to change practice and game plans if environmental conditions are such that their players are at risk for heat illness. This is especially true during the heat-acclimation period at the start of pre-season training.

This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity.

1. Thirty minutes prior to the start of activity, temperature and humidity readings should be taken at the site.
2. The temperature and humidity should be factored into the Heat Index Calculation and Chart and a determination made as to the Heat Index. If schools are utilizing a digital sling psychrometer that calculates the Heat Index, that number may be used to apply to the table.
3. If a reading is determined whereby activity is to be decreased (above 95 degrees Heat Index), then rereadings would be required every thirty minutes to determine if further activity should be eliminated or preventative steps taken, or if an increased level of activity can resume.
4. Using the following table, activity should be altered and/or eliminated based on this Heat Index as determined:

Under 95 degrees Heat Index—

- Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group.
- Have towels with ice for cooling of athletes as needed.
- Watch/monitor athletes carefully for necessary action.
- Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.

95 degrees to 99 degrees Heat Index—

- Water shall always be available and athletes shall be able to take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group.
- Have towels with ice for cooling of athletes as needed.
- Watch/monitor athletes carefully for necessary action.
- Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is not otherwise required by rule.

Notes: Reduce time of outside activity. Consider postponing practice to later in the day. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index. Not as vigorous activities and more water related/shade activities.

**100 degrees (above 99 degrees) to 104 degrees Heat Index—**

- Water shall always be available and athletes shall be able to take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group.
- Have towels with ice for cooling of athletes as needed.
- Watch/monitor athletes carefully for necessary action.
- Alter uniform by removing items if possible and permissible by rules.
- Allow athletes to change to dry shirts and shorts at defined intervals.
- Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
- Postpone practice to later in day.
- If helmets or other protective requirement are required to be worn by rule or normal practice, suspend practice or competition immediately.

Note: Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.

**Above 104 degrees Heat Index—**

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.
Lightning and Inclement Weather Plan

**Recognition** - Coaches, athletic trainers, athletes, administrators and contest officials shall be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately two to three miles, ANYTIME that lightning can be seen or heard, the risk is already present. Weather can be monitored using the following methods:

- **Monitor Weather Patterns** – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity.

- **National Weather Service** – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions. Any thunderstorm poses a risk of injury or death even if it does not meet the criteria for severe weather. Therefore, anytime thunderstorms are in the forecast (even if it is only a 20 percent chance), event organizers shall be at a heightened level of awareness to the potential danger of lightning.

**Management** – The following plan of action will be taken if inclement weather is present.

- **Evacuation** – If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters such as the pavilion, baseball/softball dug out, restroom facility, locker room/changing facility.

- **Thirty Minute Rule** – Competition or practice shall be suspended once lightning has been recognized or thunder is heard. It is required to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes. Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and another count shall begin.

If inclement weather is passing through we will wait the 30 minutes under the pavilion/kitchen area next to the soccer fields. If after 2 hours the inclement weather has not stopped a decision will be made to cancel the rest of the camp day or not.
Emergency Action Plan

WWPSA President: Ryan Barna 609-302-6129
WWPSA Camp Director: Brent Nielsen 609-256-7995
WWPSA Summer Camp Leads: Elizabeth Nielsen 609-610-4828
Armen Simoniants 973-224-0022

Emergency Medical Services Phone Number:
West Windsor E.M.S. 911

EMS Contact Protocol: Be aware of your exact location within the complex and egress options available to EMS responders. You will provide when contacting EMS, your name and title or position, current location by name, street address, and specific field designation, telephone number, number of individuals injured, nature of injuries, condition of injured, first aid treatment, precise directions to the exact location of the injured individual/s, and other information as requested.

Scene Control: Limit scene to first aid providers, move bystanders away from the area, and maintain clear egress for entrance and exit of EMS vehicles, personnel, and apparatus.

Facility Addresses:
West Windsor Community Park Bernt Midland Road West Windsor, NJ 08550

Hospitals:

1. University Medical Center of Princeton at Plainsboro
   1 Plainsboro Road Plainsboro, NJ 08536
   Emergency Department: 609-853-7000

Emergency Task Assignments:

Maintain fully stocked first aid kit Lead Coach
Possesses medical release forms Lead Coach
Immediate care of the injured or ill participant Lead Coach
Be aware of exact location and egress options for EMS Lead & Assistant Coach
Emergency equipment retrieval Lead or Assistant Coach
Call EMS Lead or Assistant Coach
Flag down EMS and direct to scene Lead or Assistant Coach
EMS Transport of an Injured Child with No Parent or Guardian Present:

Assistant Coach

- Accompanies injured child to the hospital during EMS transport with that child’s medical release form. Medical staff will perhaps request this original form prior to examination and/or treatment or might otherwise ask for a coach sign a permission to treat. A completed medical release form signed by a parent or guardian should suffice for this purpose.
- Establishes contact with the injured child’s parent or guardian through the use of phone numbers and names listed upon that child’s emergency contact form.
- Remains with the injured child at the hospital until a parent or guardian arrives to assume care and custody.
- Documents in writing the times of transport to the hospital and arrival of the named parent or guardian that assumed care and custody of the child.

Lead Coach

- Remains with the campers until dismissal of players to their parents or guardians.
- Establishes contact with the Assistant Coach following the post-match player dismissal to obtain update on the injured child’s condition, name and address of the hospital, status on the contact with the child’s parent or guardian and his or her estimated time of arrival,
- Establishes contact with the club to advise of the situation. A coordinated staff effort will be organized by the club to provide relief to the staff member at the hospital with the injured child.
- Responsible for completion of accident / injury report relating to the matter.
- Responsible for maintaining at all events the camp folder that contains each player’s medical release and emergency contact forms

If the Lead Coach is the only coach present at the camp at the time of an emergency situation other WWPSA or Community Park staff will be called to location to fulfill the Assistant Coach duties during an emergency situation. Also if the assistant coach would rather stay with the campers during an emergency the lead coach may travel with an injured player to the hospital.