



Brooklyn Titans

A Titan Youth Development Program

To: Parents and Family of Brooklyn Titans Football Team

From: Coach Bill

Date: 7/25/16

RE: Titan Football Camp 2016 [8/11/16 – 8/15/16]

On August 11th, the Titans are traveling to Brookwood Camp in Glen Spey, New York. Players, coaches and those brave enough to attend as chaperones and helpers, will be transported from the practice field via coach bus to the camp site. Busses will begin loading at 4:30pm on Thursday, and leave promptly at 6:00pm. Busses are equipped with restroom facilities and video entertainment to ensure everyone's comfort for the approximately 2 hour trip.

The following is our list of recommended items for you to pack for your child. Please pay close attention to all of the recommended items. We have been doing this for over 10 years. We KNOW what we are talking about:

- Sleeping bag¹ or blanket, 1 pillow and an old twin sheet set.
(NOTE: Yes, I know it's the middle of the summer. However, it gets down to 40 degrees at night up in the mountains. YOU WILL BE COLD WITHOUT BLANKET!)
- Towels (2 or 3) and a plastic shower puff².
- Insect repellent and sun block.
- Toothbrush, toothpaste and liquid shower gel³.
- 6 pair of underwear and 6 pair of white socks
- 6 pair of shorts and 6 T-shirts
- One hoodie or light jacket and 2 pair of sweat pants⁴.
- 1 pair of shower shoes
- **MEDICATION:** Please send any medication your child needs. See attached Medical Authorization Form.
- \$10 - \$15 for snacks
- 1 baseball cap or other hat
- Any non-refrigerated snacks you would like your child to have.

¹ Target usually has them for less than \$20.00.

² Wash clothes are TERRIBLE in this environment. They rot and stink after a couple days.

³ Shower gel is recommended. Bar soap gets very sloppy after a couple of days.

⁴ It is summer, but it gets cool in the mountains in the morning and at night.

- **One pair of old sneakers**
- **One pair of boots or other shoes suitable for the rain.**
- **One heavy duty laundry bag or plastic garbage bag for dirty clothes.**

It is **STRONGLY RECOMMENDED** you **DO NOT** send your child to camp with any of the following:

- **Expensive electronics (i.e. PSP, laptops etc..)**
- **Expensive clothing (Only send them with things you don't mind them ruining).**
- **Excessive money. (Definitely no more than \$20.00)**
- **Jewelry**
- **Lighters, matches and knives are strictly prohibited!**

Life at Camp

At the Camp, all players will be assigned to an adult counselor, with a ratio of no more than 10 players to a counselor. Players will be housed in cabins that sleep 10 to 15 people. Each cabin will have a minimum of one adult counselor on the premises. Counselors will either be coaches or parents of other campers and will be responsible for monitoring the activities of all campers in their group. Players will remain with their group at all times. Virtually all of the players' day is filled with scheduled activities (see attached schedule).

In order to eliminate some problems experienced in the past, all money will be held by the cabin counselors. Upon arrival at camp, players will give all of their money to the cabin counselor, and money will then be disbursed on an as-requested basis by the cabin counselor.

Players will be provided with 3 meals each day. Players will also be able to purchase snacks at the camp canteen during their evening free time. If any player has any special dietary requests, please provide a written note and submit it to me or one of the coaches by 8/1. If you have any special snacks you prefer your child have, please be sure to pack them.

We have been running football camp for over 10 years and all of the previous camps have been safe and successful experiences. As you can see from the schedule, we put the players through a pretty grueling schedule. However, when the bar is raised, we find that most of the kids step up to the challenge. And despite the schedule, the kids have a great time and form memories that last well beyond the day they get home from camp.

Please have all camp funds in by August 1st.

DON'T FORGET TO BRING ALL OF YOUR FOOTBALL EQUIPMENT!!

Sincerely,

Coach Bill

Brooklyn Titans Football & Cheer Medical Authorization Form

This Medical Authorization Form must be completed by each player attending the camp.

By signing below, I hereby authorize my child, _____ (the “Camper”) to attend the Titan Football Camp in Glen Spey New York for the period from August 11th – August 15th. I also authorize the Camper to self administer or to be administered the medication(s) outlined below as per my instructions on this form. I further authorize William Solomon to make medical decisions and consent to care for my child in my absence, in the event I cannot be reached at the phone numbers provided below.

Medication	Instructions
1.	
2.	
3.	
4.	

Insurance Information:

Carrier: _____ **Carrier Phone #** _____

Primary Policy Holder: _____

Group #: _____ **Card #** _____

Parent Phone 1: _____ **Parent Phone 2:** _____

Parent or Guardian (Print): _____

Parent or Guardian Signature: _____

FOOTBALL CAMP SCHEDULE 2016

6:00AM – 6:30AM	WAKE UP AND LIGHT SNACK
6:30AM – 7:00AM	ON THE FIELD. WARM UP AND STRETCHING & AGILITIES
7:00AM – 8:30AM	OFFENSIVE PRACTICE
8:30AM – 9:00AM	CONDITIONING
9:15AM – 10:00AM	BREAKFAST
10:00AM – 10:30AM	FREE TIME
10:30AM – 12:30PM	DEFENSIVE PRACTICE
12:45PM – 1:30PM	LUNCH
1:30PM – 2:16PM	FREE TIME
2:30PM – 3:00PM	OPTION PERIOD 1
3:00PM – 3:30PM	OPTION PERIOD 2
4:00PM – 6:00PM	PRACTICE
6:15PM – 7:15PM	DINNER
7:30PM – 8:15PM	HELMETS AND SHORTS WALK THROUGHS
8:30PM – 9:00PM	!!! MANDATORY SHOWERS !!!
9:00PM – 10:00PM	FREE TIME: CANTEEN (SNACKS & GAMES)
10:30PM	LIGHTS OUT!