Dear Residential Camp Participant,

Location: Centenary College
Date: August 7th to August 11th 2016

Welcome to the New York Red Bulls Residential Camp, the purpose of this document is to provide important logistical information.

This packet includes information regarding the many different facets of a New York Red Bulls Residential Camp specific. Included in this packet you will find:

- Check-In and Check-Out Schedule and Procedure..............Page 3
- Sample Daily Schedule..............................................Page 4
- Day Player Specific Information................................Pages 5 and 6
- Dining and Residential Hall Rules and Regulations........Page 7
- Overnight Player Packing List and DO NOT Pack List........Page 8
- Residential Camp FAQ..............................................Pages 9 to 12
- Directions to Centenary College ..................Pages 13 to 15

Please be sure to read through this ENTIRE packet as there is important information throughout, including specific check-in and check-out schedule and procedure.

We look forward to seeing you at the camp and if you do have further questions, please feel free to ask us.

Regards

New York Red Bulls Training Programs
1.888.370.7287
training@newyorkredbulls.com

Red Bull Arena, 600 Cape May Street,
Harrison, NJ, 07029

Red Together
#RBNY
Check-In/Check-Out Schedule and Procedure

Please see below for the Check-In and Check-Out Schedules and Procedures.

Check-In

We do all we can to make what can be a hectic event into a smooth and easy process so that we can get the players checked-in and settled and out on the field.

The check in schedule is as follows:

12pm to 3pm – Rolling player arrival and check-in
3pm to 4:30pm – Player Orientation and Campus Tour
5pm to 6pm – Dinner
6pm to 8:30pm – Opening Tournament

Check-Out

The final day of camp is dedicated to the players’ tournament and graduation. We invite all of the parents to come and watch the games taking place on the final day and, of course, watch the Players’ Graduation.

The schedule for the final day and check out is as follows:
9:00am-12:00pm Training/Favorite Games
12:00pm – 1:00pm Lunch
1:30pm – 3:30pm Tournament Play
3:30pm – 4:00pm Graduation
4:00pm – 4:30pm Check-out and pick up

As stated above, parents are invited to come and watch the tournament play on the final day. Following the tournament and graduation, which will take place at the field, the players, STILL WITH THEIR GROUPS, will proceed back to the dorms to gather their bags. Upon gathering their belongings they should proceed to the check-out tent with their parent(s) to officially check out from the camp.
Residential Camp Sample Daily Schedule:

7:00am – 8.30am: Breakfast
8:30am: Day Campers Arrival
9:00am – 11:30am: Field session 1
12:00pm – 1:00pm: Lunch
1:30pm – 3:30pm: Field Session 2
3:30pm – 4:00pm: Skills Challenge
4:00pm – 5:00pm: Non-Soccer Activity/ Rest
5:00pm – 6:30pm: Dinner
7:00pm – 8:30pm: Tournament Free Play
8:30pm: Day Campers Departure
8:30pm – 10:30pm: Non-Soccer Activity/ Rest
10:30pm: Lights Out

Notes:

This schedule is subject to change due to weather, etc.

The 8:30pm – 10:30pm Non-Soccer Activities/Rest will include DVD nights, Quiz night, Red Bull viewing parties (if applicable).

*IMPORTANT NOTE: Parents may only visit during the 9:00am to 11:30am training session
Day Player Specific Information

Day Player Daily Packing List

Below is a packing list for a day player:

<table>
<thead>
<tr>
<th>Item</th>
<th>Number of:</th>
<th>Packed:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleats</td>
<td>1 Pair</td>
<td></td>
</tr>
<tr>
<td>Sneakers/Flip Flops (footwear for walk to and from field)</td>
<td>1 Pair</td>
<td></td>
</tr>
<tr>
<td>Indoor Soccer Shoes (must be different from outdoor use sneakers)</td>
<td>1 Pair</td>
<td></td>
</tr>
<tr>
<td>T-Shirts</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Shorts</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Soccer Socks</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Socks</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Shinguards</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Bathing Suit</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Casual Clothes (for rest and non-soccer activities)</td>
<td>1 set</td>
<td></td>
</tr>
<tr>
<td>Towels</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Rain Jacket</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

NOTE: Players should generally be able to make one set of soccer clothing work per day. However, please have your player prepared for up to one full change per day in case of inclement weather.

DO NOT Pack List

Please be sure that you player refrains from bringing the following items:
- Expensive or Cherished Items (jewelry, clothing, etc.)
- Unnecessary electronics (iPads, laptops, handheld game systems, etc.)
- Excessive food
- Junk food, soda and/or candy
- Dangerous items

Day Player Specific Schedule

The day players' schedule is slightly different to a player staying overnight. Day Players are on camp with all of the overnight players and participate in all of the same training activities. Other than sleeping over, eating breakfast on site and the downtime before bed, Day Players have the same experience as overnight players. They will receive lunch and dinner on camp as well. Please see below for a day to day drop off and pick up schedule for Day Players:

Check-In

We do all we can to make what can be a hectic event into a smooth and easy process so that we can get the players checked-in, settled, and then out on the field.
The check in schedule is as follows:

- 12pm to 3pm – Rolling player arrival and check-in
- 3pm to 4:30pm – Player Orientation and Campus Tour
- 5pm to 6pm – Dinner
- 6pm to 8:30pm – Opening Tournament

Day Player Drop Off and Pick-Up Schedule

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop Off</td>
<td>Check in is between 12pm and 3pm</td>
<td>Drop Off 8:30am</td>
<td>Drop Off 8:30am</td>
<td>Drop Off 8:30am</td>
<td>Drop Off 8:30am</td>
</tr>
<tr>
<td>Pick Up</td>
<td>8:30pm</td>
<td>Pick Up 8:30pm</td>
<td>Pick Up 8:30pm</td>
<td>Pick Up 8:30pm</td>
<td>Pick Up Check out is between 4pm and 4:30pm</td>
</tr>
</tbody>
</table>

Check-Out

The final day of camp is dedicated to the players’ tournament and graduation. We invite all of the parents to come and watch the games taking place on the final day and, of course, watch the Players’ Graduation.

The schedule for the final day and check out is as follows:

- 9:00am – 12:00pm Training/Favorite Games
- 12:00pm – 1:00pm Lunch
- 1:30pm – 3:30pm Tournament Play
- 3:30pm – 4:00pm Graduation
- 4:00pm – 4:30pm Check-out and pick up

As stated above, parents are invited to come and watch the tournament play on the final day. Following the tournament and graduation, which will take place at the field, the players, STILL WITH THEIR GROUPS, will return to the dorms and gather their belongings. Upon gathering their belongings they should proceed to the check-out tent with their parent (s) to officially check out from the camp.
Residential Hall and Dining Hall Rules

Below is a list of rules and regulations for the Residential and Dining Halls of New York Red Bulls Residential Camps. The rules and regulations will be shared with the players during the welcome address of the camp. However we wanted to be sure that both you and your player are able to review them prior so that any questions can be discussed.

Residential Halls Rules
- No cleats inside the dorm.
- Do not wash cleats in the bathroom.
- No running in the corridors.
- Cell phone usage restricted to your room only.
- Keep cash safe in your room; only bring what you need into activity room.
- Room inspections will take place during the week so keep your room tidy!
- No tampering with fire equipment.
- Do not move furniture around in dorms or bedrooms unnecessarily.
- All players are prohibited from entering any other residence hall than the one assigned
- Specific times for bed and lights out must be observed.
- Do not leave dorms during the night; you won’t be able to get back in!

Dining Hall Rules
- Do not leave dorm without your group or coach.
- No running- there’s plenty of food!
- No cleats or sports equipment in the dining hall.
- Shoes and shirts to be worn at all times!
- Do not bring outside food into the dining hall.
- ALL players are required to return their trays and clean up their dining area at EVERY meal time. This includes any food on the floor.
- Eat sensibly good balance of carbs and veg. No ice cream before main meal!
- Rehydrate- water, juice. NOT soda!
- No throwing of food or utensils!
# Overnight Player Packing List

Please see below for a basic packing list. A number of rows have been left blank for you and your player to utilize as needed.

<table>
<thead>
<tr>
<th>Item:</th>
<th>Number of:</th>
<th>Packed:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleats</td>
<td>1 Pair</td>
<td></td>
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<tr>
<td>Sneakers/Flip Flops (footwear for walk to and from field)</td>
<td>1 Pair</td>
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<tr>
<td>Indoor Soccer Shoes (must be different from outdoor use sneakers)</td>
<td>1 Pair</td>
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</tr>
<tr>
<td>T-Shirts</td>
<td>10</td>
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<tr>
<td>Shorts</td>
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<td>Soccer Socks</td>
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<td>Socks</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Shinguards</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Undergarments</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Bathing Suit</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Casual Clothes (for rest and non-soccer activities)</td>
<td>5 sets</td>
<td></td>
</tr>
<tr>
<td>Towels</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Pillow</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Fitted Sheet</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Sheet</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Comforter</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Fan</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Toiletries (as personally required)</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>Rain Jacket</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Water Bottle</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Sleep Wear/Pajamas</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

NOTE: Players should generally be able to make one set of soccer clothing work per day. However, please have your player prepared for up to one full change per day in case of inclement weather.

## DO NOT Pack List

Please be sure that you player refrains from bringing the following items:
- Expensive or Cherished Items (jewelry, clothing, etc.)
- Unnecessary electronics (iPads, laptops, handheld game systems, etc.)
- Excessive food
- Junk food, soda and/or candy
- Dangerous items
Residential Camp FAQs

1. What makes a Red Bulls Residential Camp unique?
   A: New York Red Bull soccer camps are the only camps throughout New York, New Jersey, and Pennsylvania that are operated directly by a professional soccer team. All Residential Camp programs have been specifically designed by professional soccer experts to meet the needs of youth soccer players who attend these camps. Additionally, all campers get the opportunity to attend a Red Bulls match at Red Bull Arena free of charge.

2. What can I expect from a Red Bulls Residential Camp?
   A: New York Red Bulls philosophy is: Create a fun and challenging environment where players have the opportunity to learn.

   Our Residential Camp programs are designed with the New York Red Bulls building block approach to player development. Within each building block, an extensive curriculum is offered. For more details on the “Building Blocks of Player Development” please visit the following page on our training programs website: http://www.redbullsacademy.com/training/curriculum/

3. How are players grouped at Residential Camp?
   A: Players are grouped based on both age and ability levels. Group allocation is reviewed at the end of each camp day and players may be moved accordingly to ensure they are in the correct environment and constantly being challenged.
4. **Q**: Are players supervised at all times?
   **A**: Absolutely. On and off the field camper health and safety is our number one priority. We follow a strict safety policy that ensures that there are always an adequate number of camper supervisors at all times. We also ensure that each camper is always signed in and signed out of camp by an approved adult.

5. **Q**: What are the supervision arrangements at the dorm?
   **A**: At the Centenary College Residential Camp, Red Bull coaches will be housed on each floor of each dorm. The players will be shown where the coach’s rooms are located and they will be clearly marked so that they can be easily located by any player needing them. Boys and girls are in separate dorms, with male coaches in the boys’ dorms and female coaches in the girls’ dorms. In addition to our staff, each location has their own campus security which is available 24 hours a day.

6. **Q**: What will happen in cases of injury or illness?
   **A**: At all of our Residential Camps, the head coach holds an American Red Cross certificate in responding to emergencies and CPR for the professional rescuer. There will also be a qualified athletic trainer present during the week to provide on field treatment.

   However, the usual course of action once any serious injury is stabilized, is to contact the parents and, if necessary, the local emergency services. In the registration process we also ask important medical related questions so that we are always aware of any pre-existing injury or illness.

7. **Q**: Do I need to bring my child’s immunization records to Residential Camp?
   **A**: Yes, all Residential Camps require that we have each camper’s immunization record on file.

8. **Q**: Do I need to check in on the first day of camp?
   **A**: Yes, check in will take place at the front of dorms. Signs will guide you to the appropriate parking area and check-in area. A campus map is included in this packet.

   The check in schedule is as follows:
   - 12pm to 3pm – Rolling player arrival and check-in
   - 3pm to 4:30pm – Player Orientation and Campus Tour
   - 5pm to 6pm – Dinner
   - 6pm to 8:30pm – Opening Tournament

   Players should eat lunch before arriving as dinner is not until 5pm. Once you have dropped off your child you are free to leave. Due to the staggering check in times, parents are not expected to stay for the opening address.

9. **Q**: Is there a set check-out location and procedure?
   **A**: Yes, check-out takes place following the tournament and graduation on the final day of camp. The players’ belongings will be packed and ready for departure prior to beginning of the tournament.

   The final day’s schedule is as follows:
Parents are invited to come and watch the tournament play on the final day. Following the tournament and graduation, which will take place at the field, the players, STILL WITH THEIR GROUPS, will proceed back to the dorms to gather their bags. Upon gathering their belongings they should proceed to the check-out tent with their parent(s) to officially check out from the camp.

10. **Q:** What do I do if I need to pick up my child early?
   **A:** If a player needs to be picked up early please notify the trainers at the camp and provide a note stating such. If it is an unscheduled pick up you can always call 888.370.7287. However, a specific contact list with contact numbers directly to personnel on site will be provided to the parent or guardian checking in the player on the first day of camp.

11. **Q:** What if I need someone other than myself to pick my child up at check-out?
    **A:** Please provide a signed note with the full name of the person you authorize to pick up your child at check-in. If the change occurs during the camp week please contact the personnel listed on the camp specific FAQ and notify them of the change. Those individuals picking up the player will need to bring identification. Please be aware that our staff will not allow any child to be picked up by someone that the child does not recognize.

12. **Q:** What clothing should my child wear at a Residential Camp?
    **A:** A packing list is included in this packet.

13. **Q:** What should my child refrain from bringing to Residential Camp?
     **A:** A DO NOT Pack list is included in this packet.

14. **Q:** Can I provide my child with food for their dorms?
    **A:** Yes, limited food is allowed in the dorms. However, the food must be in sealed containers.

15. **Q:** What will my child receive at a Residential Camp?
    **A:** At a Residential Camp players will receive the following items:

    - Adidas Soccer Ball
    - Adidas Red Bulls Uniform
    - Four (4) Adidas Red Bulls training shirts
    - Red Bulls Water Bottle
    - Discounted tickets to a Red Bulls match

16. **Q:** What happens if there is inclement weather?
    **A:** As with all of our camps if it is just rain, we play! However, if the weather presents a safety concern on the field, Centenary College provides us with many opportunities for
indoor activities. The common areas will be set up for usage during potential rain delays with cards, quizzes and games and other activities. Also available is a gym that can be utilized for indoor play and activities. Please note that, as per Centenary College, a different pair of indoor soccer shoes from regular sneakers to be worn outdoors are required and used when playing on the gym surface. Please pack accordingly.

The health and safety of our players remains our number one concern.

17. **Q:** What happens if there is extreme heat?
   **A:** The head coach of the camp is responsible for monitoring the weather forecast daily. If the heat index rises to extreme or dangerous levels the camp day will be adjusted accordingly. There are a number of possible activities that the players will have the opportunity to partake in at our Residential Camps that will allow them to safely avoid the heat yet still be engaged. As stated previously, the health and safety of our players remains our number one concern.

18. **Q:** What is the cancellation policy after payment has been made?
   **A:** If a camper cancels prior to the start of the camp program, a refund, minus a $30 cancellation fee, will be issued.

19. **Q:** Who should I contact if I have additional questions?
   **A:** Please call us at 888.370.7287 or e-mail us at training@newyorkredbulls.com
Directions and Campus Map
From Interstate 80 East or West: Take Exit 19 onto Route 517 South. Proceed five miles to the intersection with Route 46. Proceed straight through light onto Grand Avenue. After the softball field on your left, make immediate left turn into the student parking lot.

From Route 46 East or West: Proceed to the center of Hackettstown. Route 46 becomes Main Street. Follow to Main Street to Grand Avenue light and turn. After the softball field on your left, make immediate left turn into the student parking lot.

From Route 57 East: When Route 57 reaches Hackettstown, turn left onto Mountain Avenue. Follow Mountain Avenue to a four-way intersection. (A Shell gas station will be on the right.) Turn left on to Main Street. Follow Main Street to the Grand Avenue light and turn left. After the softball field on your left, make immediate left turn into the student parking lot.

From the South: Take the Garden State Parkway or New Jersey Turnpike (I95) to Interstate 287 North. Take Exit 22B Route 206 North. Stay on Route 206 North to Route 80 West. Go one exit to Exit 26 Route 46 West, towards Budd Lake and Hackettstown. Stay on Route 46 West into Hackettstown. Proceed to the center of the town and make a left onto Church Street (one-way street), opposite the Trinity United Methodist Church. Proceed four blocks to the College.

From Philadelphia/Trenton Area: Take Rt. 95 to Route 31 North (Ringoes). Follow to Route 202 North (Flemington) to Route 31 North (Bartles Corners). Follow Route 31 North past Rt. 78 into the town of Washington. Once in Washington, get onto Rt. 57 East (Hackettstown). At the outskirts of Hackettstown, Rt. 57 intersects with Route 182. Turn left onto Rt. 183, and follow to Route 46. Turn Left onto Rt. 46 (Main St. Hackettstown). Proceed to the center of Hackettstown. Turn left onto Church Street (one-way street) opposite Trinity United Methodist Church, and proceed four blocks to Centenary College.