

*Guiding Towards Confidence*



**Hosted at**  
**Camp Cedar Ridge**  
18062 Keasey Rd,  
Vernonia, OR 97064

**BOYS CAMP**  
JUNE 18 - 22, 2026

**GIRLS CAMP**  
JULY 6 - 10, 2026



# WELCOME

HELLO CAMPERS!

Are you ready for the most fun summer ever?!?! We have an incredible camp planned for you and this welcome packet will have all the information you need.

Please read through this handbook to help you feel ready and excited for the first day of camp! The information included will help you get the most out of your camp experience while answering any questions leading up to CAMP WEEK!

## **Connect + Play + Learn**

This extraordinary, all-inclusive camp in the woods of Vernonia will get campers out into nature in a safe space to play and explore. NO PHONES or SCREENS! Well, we will make an exception for some World Cup matches. Other than that, we will be outside having fun!

At Balance Soccer, we believe confidence is cultivated through real-life experiences and taking responsibility for oneself. We create an environment with space to make mistakes and discover abilities. We provide straightforward expectations for our campers and healthy encouragement as everyone familiarizes themselves with all things camp.

If you ever have any questions or need anything before, during, or after camp, feel free to contact Balance Soccer Founder and Camp Director, Tyler Pagano, by text or email.

847-508-8388

[tyler@balancesoccer.com](mailto:tyler@balancesoccer.com)

We can't wait to kick it with you!

Sincerely,

The Balance Soccer Team



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# ARRIVAL DAY

Check-in will begin at 4:30 PM on the first day. Families are welcome to hang out and explore the facilities. Around 5:30 PM, all family members and friends will be asked to depart, and camp will officially begin!

Upon arrival, please follow the signs toward the basketball courts, where you will be directed to park. A check-in tent will be located next to a small building (the camp store), where coaches and counselors will greet you.

- Unload your luggage and place it in the designated area.
- Get in line and start with check-in #1.
- Meet the Camp Director and Coaches.
- Confirm all contact information.
- If applicable, hand over any medications and instructions.

Once check-in is complete and campers have placed their belongings in the designated area, counselors or Counselors-In-Training will guide them to one of the ongoing games happening on the upper grounds near the check-in area.

After family and friends have departed, campers will enjoy a Welcome BBQ Dinner, followed by our opening camp meeting. We keep meetings brief—so long as campers follow the rules and treat each other with respect, our meetings will stay that way! During the meeting, coaches and camp staff will introduce themselves, and camper expectations will be outlined, including our golden rule: *Don't Be A Jerk.*

After the meeting, campers will settle into their bunks, gear up for soccer, and head out for the first session of camp.

Then the FUN begins!

# DEPARTURE DAY & TRAVEL INFO

In the blink of an eye, camp comes to an end, and campers are gathering their gear by the big tree, ready to load up the car. All campers **MUST** check out with Tyler before departing.

**Pick-up time is between Noon and 12:30 PM on the last day of camp.**

Campers will only be released to their guardian or an authorized person, as communicated in advance via text or email with Tyler.

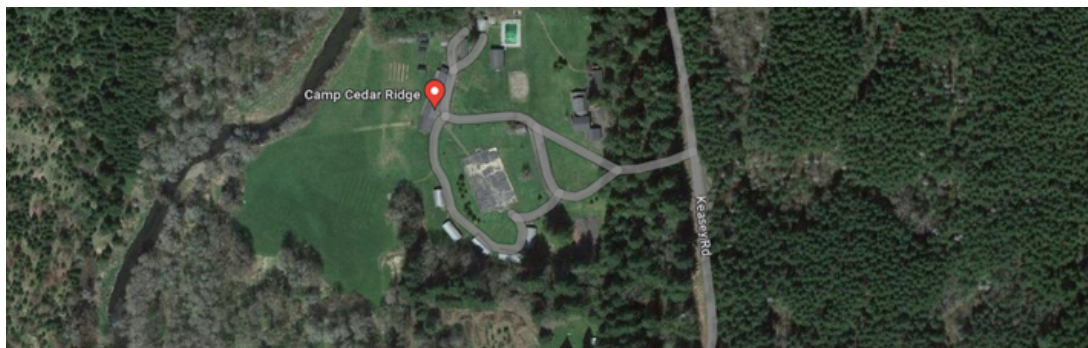
**Camp Cedar Ridge  
18062 Keasey Road, Vernonia, OR 97064**

## Directions to Camp Cedar Ridge

Vernonia is located 40 miles northwest of Portland and can be reached by taking Highway 26 west from Portland.

1. Turn right onto Highway 47 and travel 15 miles to Vernonia.
2. As you enter town, you'll see a red blinking stoplight. Turn right at the light to enter Vernonia's one-street downtown.
3. Turn left onto State/Keasey Road (at the Napa Auto Parts).
4. Drive 1.3 miles through the neighborhood and down the winding road lined with farms.
5. Continue until you begin to enter the forest. Camp Cedar Ridge will appear on your left shortly after entering the forest.

**Turn left into Camp Cedar Ridge, proceed straight, and park by the basketball courts as directed.**



# SAMPLE SESSION SCHEDULE

Every day at Balance Soccer Camp is unique and unlike any other. The schedule below offers a quick snapshot of what a typical day could look like. Please note that times and activities may vary. The Balance Soccer coaches, counselors, and CITs (Counselors In Training) will always be there to guide you and help you know where to be at all times.

## TODAY'S SCHEDULE

<b>07:45 AM</b>	<b>WAKE UP</b>
<b>08:00 AM</b>	<b>BREAKFAST</b>
<b>9:30 AM</b>	<b>SOCCER SESSION</b>
<b>12:00 PM</b>	<b>LUNCH</b>
<b>01:30 PM</b>	<b>LIGHT SOCCER SESSION</b>
<b>02:30 PM</b>	<b>FREE TIME!</b>
<b>05:30 PM</b>	<b>DINNER</b>
<b>06:00 PM</b>	<b>SCRIMMAGE</b>
<b>08:00 PM</b>	<b>CAMP STORE</b>
<b>09:00 PM</b>	<b>PREPARE FOR BED</b>
<b>10:00 PM</b>	<b>LIGHTS OUT</b>

## NOTE:

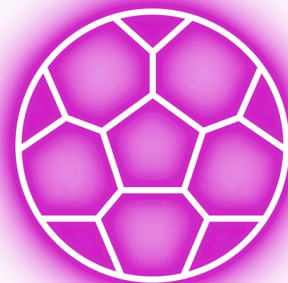
DON'T FORGET YOUR WATER BOTTLE!

## TOP PRIORITIES

- TRY MY BEST
- TAKE RESPONSIBILITY FOR MYSELF
- RESPECT THE OTHER CAMPERS
- HAVE FUN!

## TO DO LIST:

- 350 FOOT SLIP N SLIDE
- SCORE A GOAL
- LAZY RIVER FLOAT
- CLEAN MY BUNK
- BREAK JUGGLING RECORD
- MAKE A NEW FRIEND
- CHILL AT THE POOL
- BEHAVE SO WE CAN PLAY A HUGE GAME OF CAPTURE THE FLAG!



# PACKING CHECKLIST

The list below is everything campers need for camp.

Labeling: Please label *all important clothing items or important personal items with campers initials on the tag or in a distinct way. The Balance Soccer and Camp Cedar Ridge staff thank you sincerely in advance.*



## CLOTHING

- Socks (a bunch)
- Underwear (a bunch)
- Swimsuit
- Soccer Shorts (a bunch)
- Regular Shorts
- T-Shirts
- Hoodie
- Sweatpants
- Light Jacket
- Big Towel



## CAMP GEAR & SHOES

- Soccer Cleats
- Running or Indoor or Basketball Shoes
- Shin Guards
- Water Bottle
- Sandals/Flip Flops (for showers too)
- Sunglasses
- Hat
- Headlamp/Flashlight



## Do NOT Bring

- Phone or Smartwatch
- Soccer Ball (we have plenty)
- Pocket Knife or ANY Blade

## BEDDING

- Each camper must supply their own bedding for a 72" x 30" mattress
- Pillow
- Fitted Sheet
- Sheet + Blanket
- or Sleeping Bag

## TOILETRIES

- Shampoo
- Soap
- Toothpaste
- Toothbrush
- Deodorant
- Dirty Laundry Bag
- Personal Care Items
- Sunblock
- Bug Spray



## FUN STUFF:

- Favorite Floaty Tube (bring inflated if possible)
- Water Shoes for River
- Favorite Book



# RULES AND POLICIES

## General Policies

We kindly ask all campers to familiarize themselves with the guidelines outlined below before joining us at camp. Participating in our camp is a special opportunity, and we strive to create a positive experience for everyone. Not only that but we are trying to build something absolutely amazing with a unique culture and experience found at no other camp. Every camp is unique so let's make ours the very best it can be!

- **Expectations & Behavior:** During our opening meeting we will discuss all camp rules and guidelines, including camper behavior expectations. This camp does not tolerate jerks. Don't be a jerk. If you are consistently making camp worse for other campers and have consistently ignored the counselors and coaches then your parents will be called and this will be your final warning. If the inappropriate behavior continues your *parents will be called to pick you up immediately.*
- **Respecting Boundaries:** Any camper that goes beyond the camp boundaries *will have their parents called to pick them up immediately.*
- **Water Safety:** Any camper that goes into the pool or the creek at anytime other than a planned camp event *will have their parents called to pick them up immediately.*

**Refund Policy** – If you choose to cancel or leave camp for any reason:

- 45 or more days before the camp session starts: Balance Soccer will retain \$150 for administration and processing fees.
- 44 days or less before the camp session starts: Balance Soccer cannot offer any refunds or credits.



# RULES AND POLICIES

**NO CELL PHONES OR SMARTWATCHES OR SCREENS!** – DO NOT BRING your phone or watch. Leave it behind and have fun outside! We will make an exception this year to watch some World Cup matches but that's the only screen time.

**Calling Home** – All campers & parents will be able to sign up daily for a 10 minute window to call home. This call will come from the phone of a coach or counselor. All details and sign up procedures will be shared via email as camp nears.

**Bunkhouse Essentials** – *All campers attending camp with friends will be bunked together!* This is a key camp mandate. Moving into the bunks is a team-building exercise, where the staff and campers work together like an interactive puzzle to find the best solution. Every camp is unique and unlike any other!

**Camp Store** – The week before camp, Tyler will provide instructions on how to deposit camp store money via Venmo/PayPal/ApplePay. Campers will have access to the camp store twice daily. Purchases will be deducted from their account. If any money remains after camp (good luck!), it will be refunded to the same Venmo/PayPal/ApplePay account.



# RULES AND POLICIES

**Food & Snacks** – All meals will be provided in the cafeteria. Campers will have daily access to the camp store for snacks and cold drinks. Campers are also welcome to bring their own snacks, which can be kept in their luggage but must not be opened in the bunks. If a camper has a severe allergy, we will store the snacks separately. The bunks are a food, snack, and beverage-free zone. Only water is allowed to be opened in the bunks.

**No Lost and Found** – There is *NO post-camp Lost and Found*. If something is left behind, it's considered gone.

**Camper Medication** – Please place any medication in a plastic bag with written instructions. This will be collected during check-in. The camp staff will ensure campers receive their medication at the appropriate times. Medications will be returned at the end of camp.

We appreciate your cooperation in creating a safe and enjoyable environment for everyone. *It's important to highlight that our aim is to enforce these rules without necessitating an early departure for a camper. **However, any camper found violating these rules will be required to leave, and there will be NO refund.***

Now, back to the fun stuff!

# FREQUENTLY ASKED QUESTIONS

**Q: How do I purchase a camp hoodie?**

**A:** Once the 2026 camp artwork is complete, Tyler will contact all registered campers with the price and how to purchase via Venmo/PayPal/ApplePay.

**Q: What kind of snacks are at the camp store?**

**A:** It's always different but usually some mix of: fruit snacks, cold Gatorade, cold fizzy waters, Rice Krispies treats, trail mix, chips, Goldfish, etc...

**No candy, no soda.**

**Q: How much money should I deposit for the camp store?**

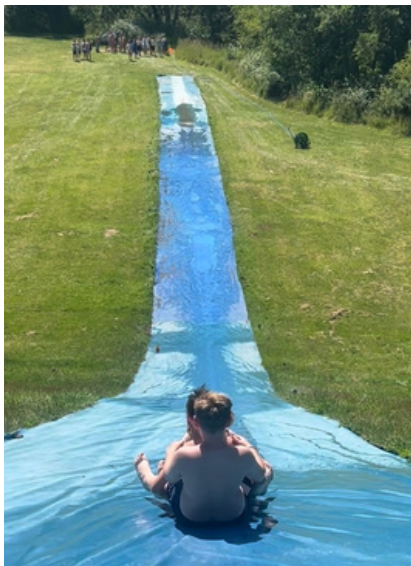
**A:** \$30-\$50 should be plenty.

**Q: What can I do in between the scheduled sessions?**

**A:** While we don't have a lot of downtime, in between scheduled events, you can play sand volleyball, play tetherball, enjoy lawn games, read a book, chill in the bunks, shoot hoops, eat some snacks, or hang out with friends.

**Q: What is FREE Time and what can I do during that time?**

**A:** Each full day of camp, campers will have about 2 hours of FREE TIME! During this time, you can go down the 350-foot slip n' slide as many times as you want, play in the pool, buy snacks at the camp store, play more soccer, take a nap, play basketball, play tetherball, play volleyball, read a book, chill in the bunks, or race up the big hill. Get creative and have fun!



# THE BEST SUMMER EVER

**Thank you for choosing Balance Soccer Camp!**

We are thrilled to have you join us for an unforgettable summer filled with soccer, fun, and friendship. Our team is dedicated to providing a nurturing and inspiring environment where young athletes can thrive both on and off the field.

At Balance Soccer Camp, we believe that soccer is more than just a game; it's a way to build character, learn teamwork, and develop a lifelong love of staying active and healthy.

Parents, we truly appreciate the trust you've placed in us to care for and guide your children this summer. **We promise to do everything we can to create a rewarding and enriching experience that your child will cherish.**

From exciting training sessions and friendly matches, to team-building exercises and fun social events, Balance Soccer Camp is designed to be the highlight of your child's summer.

**LET'S MAKE THIS SUMMER ONE TO REMEMBER!**

Warm regards,

The Balance Soccer Camp Team

