

Guiding Towards Confidence



Camp Cedar Ridge
18062 Keasey Rd,
Vernonia, OR 97064

BOYS CAMP

JUNE 20 - 24

GIRLS CAMP

JULY 15 - 19



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 you may have leading up to CAMP WEEK!

Connect + Play + Learn

No cell phones, video games, or indoor classrooms here! This extraordinary, all-inclusive camp in the woods of Vernonia will get campers out into nature in a safe space to play and explore.

At Balance Soccer, we believe that confidence is cultivated through real-life experiences and by 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

We can't wait to kick it with you!

Sincerely,

The Balance Soccer Team



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ARRIVAL DAY

Camp check-in will begin at **4:30** pm on the first day. Families are welcome to hang out and check out the facilities. At about 5:30 pm all family members & friends will be asked to leave and camp will officially begin!

As you arrive, please follow the signs down towards the basketball courts where you will be directed to park. You will see a check-in tent next to a small building (camp store) where the coaches and counselors will be waiting for you. Upon arrival:

- Luggage and gear will be unloaded and placed by the big marked tree
- You will meet the staff and officially check-in
- Camp T Shirts will be handed out with initials of camper placed on tag
- Camp Hoodies, Camp Socks and Hats will be handed out (if purchased)
- Camp Store money collected if not already sent via Venmo
- Phones will be collected if the camper chooses to bring their phone
- Medications and instructions will be placed in a bag for safe keeping

Once campers are checked in, and all their stuff is placed by the big tree, they will be led by a counselor or CIT to one of the ongoing games/activities that will be occurring on the upper grounds. The soccer field is down below and we will save that for later.

Once all parents/friends have departed we will have our opening camp meeting where all expectations will be laid out and the camp staff will be very briefly introduced. We keep our meetings real short here at camp. As long as campers follow the rules and treat each other with respect, our meetings will remain extremely short and to the point so we can maximum time for all the fun.

After the meeting, and a tour of Camp Cedar Ridge, campers will move into their bunks (either bunkhouse or tent platforms in the forest). All campers who are attending camp together will be placed together! #1 most important rule of camp! You can text Tyler with any updates regarding this.

Then the FUN begins!

DEPARTURE DAY & TRAVEL INFO

...and in a blink of an eye camp ends and campers are grabbing their gear by the big tree and loading 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 allowed to leave with their guardian or authorized person, which has been communicated in text or email with Tyler.

Camp Cedar Ridge 18062 Keasey Road, Vernonia, OR 97064

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

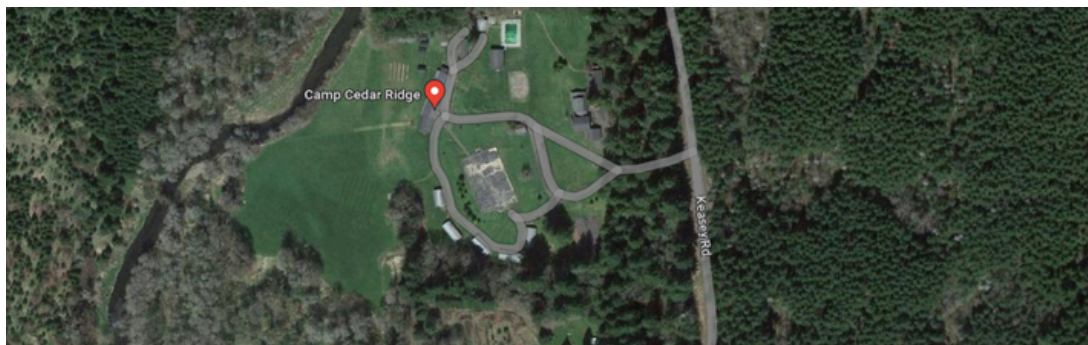
Turn right onto Highway 47 and travel 15 miles to Vernonia.

As you enter town there will be red blinking stop light. Turn right at the light and enter the one street downtown of Vernonia.

Turn left on State/Keasey Road (at the Napa Auto Parts).

Go 1.3 miles through the neighborhood and down the weaving road with farms. You will then begin to enter the forest. Camp Cedar Ridge will sneak up on your left shortly after entering the forest.

Turn Left into Camp Cedar Ridge and remain straight and park by the basketball courts where directed.



SAMPLE SESSION SCHEDULE

Every day at Balance Soccer Camp is unique and unlike any other. The schedule below is just a quick snapshot of what a typical day could look like. The times and activities of the day will change and the Balance Soccer coaches, counselors and CITs (Counselors In Training) will help you know where to be at all times :

TODAY'S SCHEDULE

08:00 AM	Wake Up
09:00 AM	Breakfast
10:00 AM	Soccer Training
12:00 PM	Lunch + 15 min phone time
01:00 PM	Soccer or Something Else Fun
02:00 PM	Free Time + Camp Store
05:00 PM	Dinner
06:00 PM	Soccer or Something Else Fun
08:00 PM	Camp Store
09:00 PM	Prepare for Bed
10:00 PM	Lights Out

NOTE:

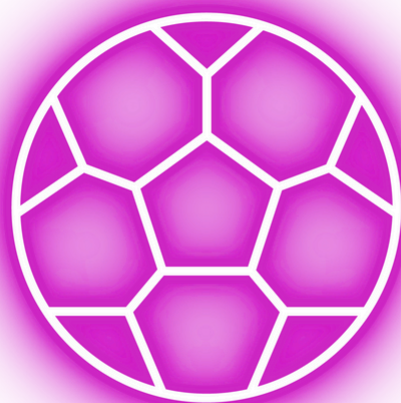
DON'T FORGET YOUR WATER BOTTLE

TOP PRIORITIES

- Try my best
- Take responsibility for myself
- Have as much fun as possible
- Listen to coaches and counselors

TO DO LIST:

- 350 foot Slip n Slide
- Score a goal
- Lazy River in favorite floaty
- Help make camp great for every camper
- Break my juggling record
- Meet new friends
- Shoot some hoops
- Chill by the pool



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

- ☒ Soccer Ball (we have plenty)
- ☒ pocket knife or any blade
- ☒ lighter or matches

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!

- **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.
- **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.

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!

RULES AND POLICIES

Food & Snacks – All meals will be provided in the cafeteria. All campers will have daily access to the camp store for a wide variety of relatively healthy snacks. Campers are also allowed to bring their own snacks that can be kept in their luggage but never opened in the bunks. If a camper has a severe allergy we will keep the snacks somewhere else. The bunks are a food, snack, and beverage free zone. Only water is allowed to be open in the bunks.

Phones & Electronics – Virtually no cell phones or screens here! Campers will have access to their phones for only 15 minutes following lunch each day to check in with family and friends. Otherwise, phones are turned off and held by the camp director. Instead, campers will explore the forest, sweat on the field, play in the river, and chill by the pool. 😊



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 for staying active and healthy.

Parents, we appreciate the trust you have placed in us to care for and guide your children this summer. **We promise to do our utmost 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 a highlight of your child's summer.

LET'S MAKE THIS SUMMER ONE TO REMEMBER!

Warm regards,

The Balance Soccer Camp Team

