

UPDATED 10.06.2020

# Soccer, Football, Cheer, & Flag Football Youth Athletic Camps

THE KEY TO EXCELLING IN YOUR SPORT THROUGH  
 CONDITIONING AND SKILL BUILDING

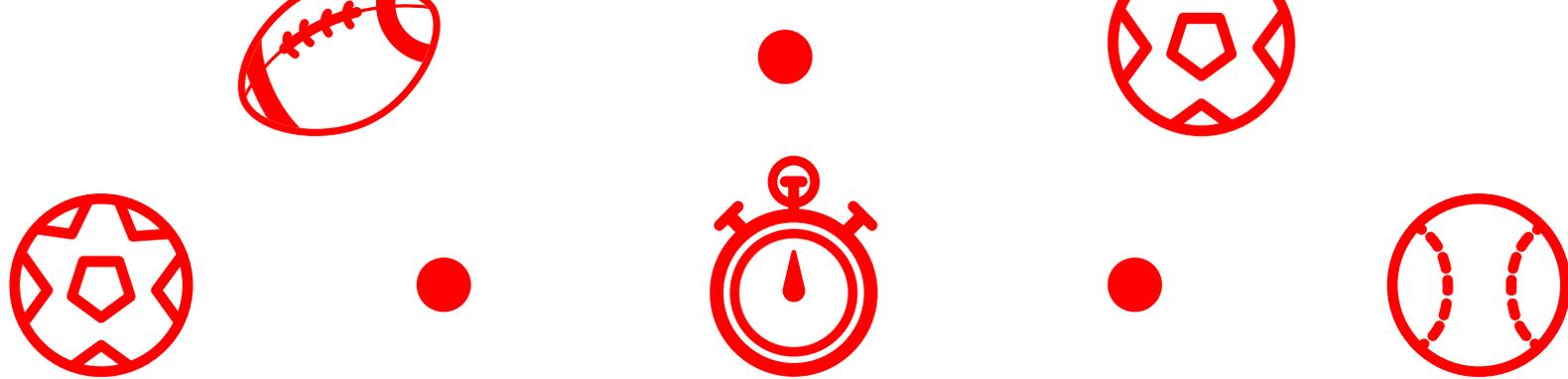
## WHAT WILL THE CAMP STYLE BE?

- > During the fall season, the focus will be on improving your skills in youth soccer, football, cheer or flag football. Skills, drills, and physical conditioning will be focused on in an atmosphere where 6' social distancing will occur. Each "team" will be led by the direction of a volunteer coach and will have ten practice times during the season for one hour each.
- > Similar to our traditional fall sports league, when you register, you will be given the option to select one "unable to practice day." The participant will be assigned to a team and practice day and time that does not conflict with your "unable to practice day." Younger age groups will fill the earlier practice time slots and will go up from there.

## WHAT ARE THE AGE GROUPS?

<b>FOOTBALL</b> As of July 31, 2020	<b>CHEER</b> As of July 31, 2020	<b>SOCCER</b> As of October 15, 2020	<b>FLAG FOOTBALL</b> As of July 21, 2020
7-8	7-8	U5 coed (3-4)	U12 girls (9-11)
9-10	9-10	U6 coed (5)	U13 boys (11-12)
11-12	11-12	U7 coed (6)	U15 girls (12-14)
		U9 coed (7-8)	U15 boys (13-14)
		U9 boys (7-8)	U18 coed (15-17)
		U 11 boys (9-10)	5-6 coed

> Harrisburg Parks and Recreation may combine age groups if there are not enough participants in one age group.



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### WHAT ARE THE PRACTICE TIMES AND WHERE WILL THE PRACTICES BE?

> Practices will begin October 1st at Harrisburg Park.

- >> For ages 5 and Up: There will be a total of 8 weeknight practices and 2 Saturday practices
- >> For ages 3/4: There will be a total of 8 Saturday practices and 2 weeknight practices
- >> The season will run for 8 weeks and will end November 25, 2020.
- >> Before the start of the season you will receive the full schedule.

#### AGES 3-4

2 Weeknight Practices:  
6pm OR 7:15pm

Saturdays:  
9am-10am  
10:15am-11:15 am  
11:30-12:30pm

#### AGES 5+

M, T, W, TR OR F  
6pm-7pm  
7:15pm-8:15pm  
8:30pm-9:30pm

#### SATURDAY

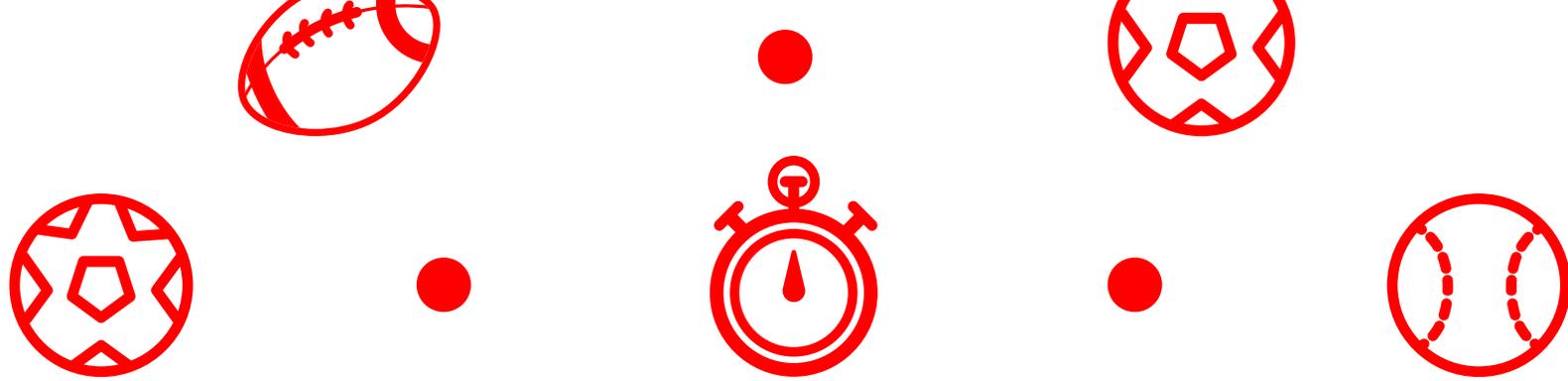
9am-10am  
10:15am-11:15am  
11:30-12:30pm  
12:45pm-1:45pm  
2pm-3pm  
3:15pm-4:15pm  
4:30pm-5:30pm  
5:45pm-6:45pm

### WILL I GET A UNIFORM?

- > Yes! Please see below for what is included with your uniform based on your sport:
- >> Football - T-Shirt and Wristband
  - >> Cheer - T-Shirt and Hairbow
  - >> Soccer - Jersey and Socks
  - >> Flag Football - Jersey and Socks

### WHAT ARE THE DATES?

- > For Soccer, Football, Cheer and Flag Football the season will run from October 1 - November 25, 2020.
- >> For ages 5 and Up: There will be a total of 8 weeknight practices and 2 Saturday practices
  - >> For ages 3/4: There will be a total of 8 Saturday practices and 2 weeknight practices
  - >> In the event your meeting time is rained out, every effort will be made to reschedule prior to November 25, 2020.
  - >> The Fall camp season will end **no later** than November 25, 2020.



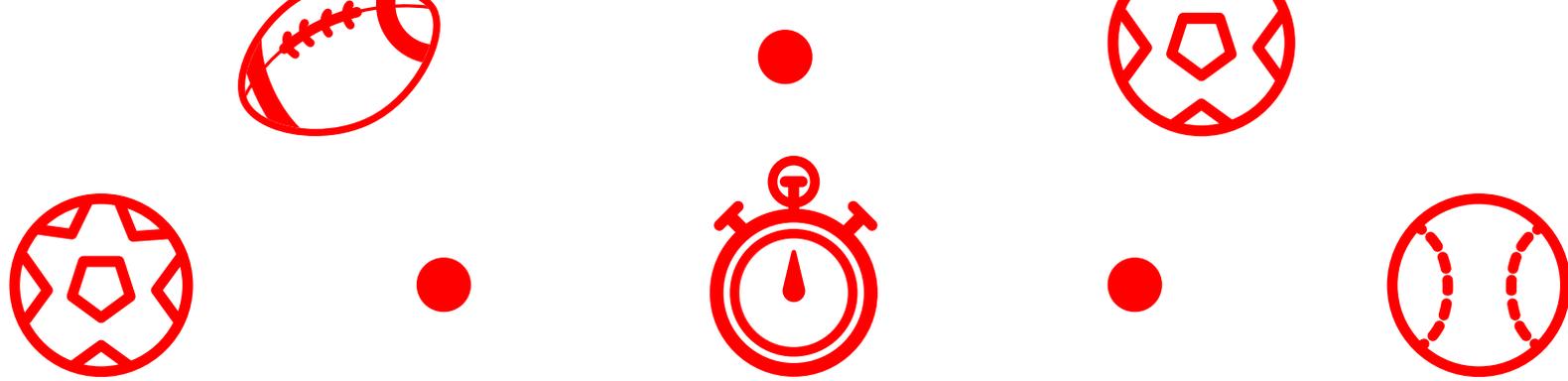
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### WHAT ARE THE FEES?

- > Cabarrus County Residents (all age groups) - \$50
- > Non-Cabarrus County Residents - \$80

### IMPORTANT INFORMATION TO NOTE:

- > Masks will not be required for our youth athletes as long as they are practicing social distancing during camp.
- > We do recommend each participant bring a mask to use during times that social distancing is not possible (entering/leaving facility, transitions etc.).
- > Campers are welcome to wear masks if they would prefer. All camps will be designed to adhere to social distancing efforts to the maximum efforts possible.
- > We ask that no more than 1 family member attend practice with the participant to help limit the number of people at the park facility at one time. Additional family members may wait in their vehicle and rotate out for spectator viewing. While this is not a desirable option, it does permit us to have the program while complying with the NC Governor's Order of maintaining gatherings of less than 50 people.
  - >> Exception: A parent of more than one child who does not have alternate childcare may bring their children with them to practice as long as they are maintaining a social distance of at least 6' from other families.
- > Coaches, coordinators, officials, staff, parents and spectators are required to wear masks at all Park Facilities per the Governor Orders and Town of Harrisburg Council Motion on Face Coverings. Coaches are encouraged to take mask breaks." While campers are taking a water break, coaches should take a mask break while practicing social distancing.
- > Parents are asked to bring their own chairs and to social distance a minimum 6' from other families.



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### WILL I NEED TO SIGN ADDITIONAL WAIVERS?

> Yes! The following forms will be collected at your child's first practice or via email when feasible. These are the same waivers required during online registration.

- >> General Liability Waiver
- >> Parent's Code of Conduct
- >> Media Release Waiver

### WHAT EQUIPMENT DO I NEED TO BRING? / WHAT EQUIPMENT WILL BE PROVIDED?

#### **Soccer:**

- > Soccer ball (size 3 for ages 3-8, size 4 for ages 9-13, size 5 for ages 14+)
- > Athletic Shoes (tennis shoes or rubber cleats)
- > Shorts / shirt for practice
- > Shin guards
- > Water bottle

#### **Flag Football:**

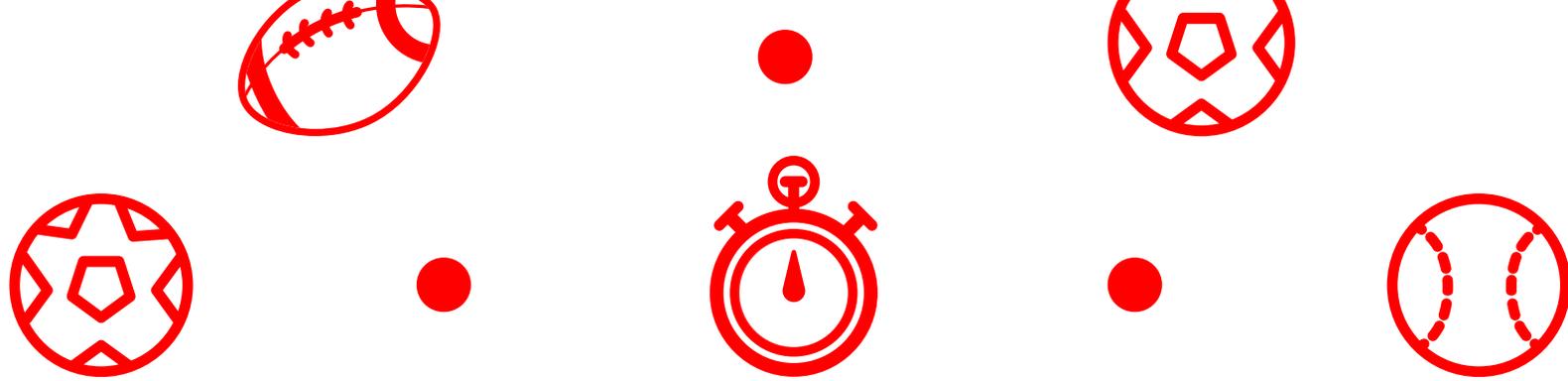
- > Youth football – highly recommended
- > Athletic shoes (tennis shoes or rubber cleats)
- > Shorts / shirt for practice
- > Water Bottle

#### **Football:**

- > Athletic shoes (tennis shoes or rubber cleats)
- > Pants/Shorts /Shirt for practice
- > Water Bottle

#### **Cheer:**

- > Athletic shoes (tennis shoes)
- > Pants/Shorts /Shirt for practice
- > Water Bottle



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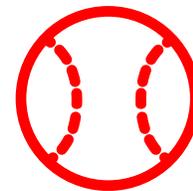
### **ALL ITEMS SHOULD BE CLEARLY MARKED WITH THE CHILD'S NAME.**

- > Certain equipment, such as footballs, will be provided as needed for practice and will be sanitized between uses.
- > Please **DO NOT** provide team snacks. Each child should bring their own water bottle and/or snack for after practice if desired.
- > Participants will be asked to wash their hands thoroughly prior to attending practice each week.
- > There may be additional requirements such as a temperature check at the start of each practice to reduce the spread of Covid-19.

### **WILL THERE BE ANY ADDITIONAL ACTIVITIES?**

Yes!

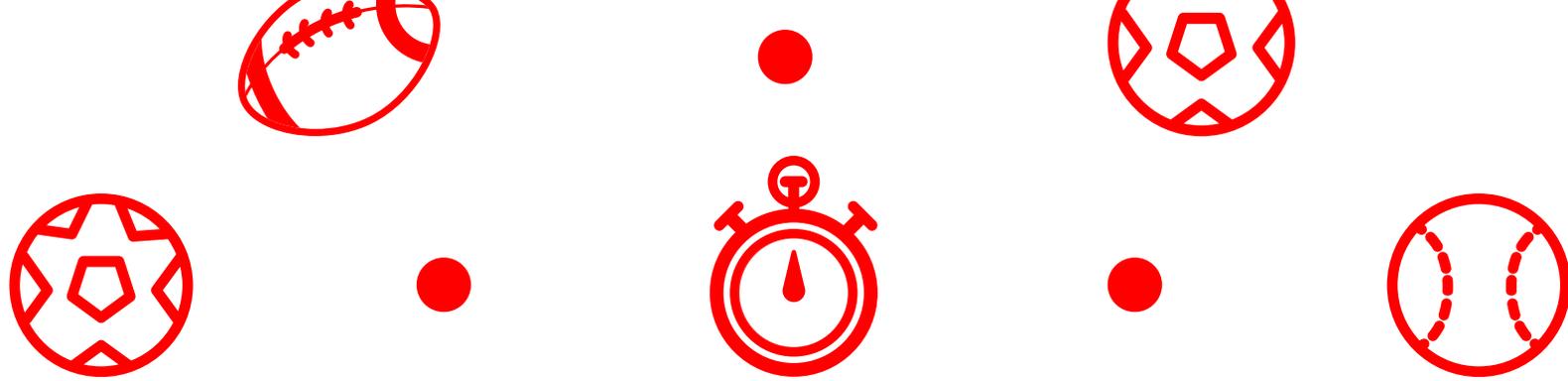
- > Saturday Events Will be Held to Bring in The Competitive Edge!
  - >> Punt, Pass and Kick Competitions, a Cheer Showcase and Soccer Shoot Out Competitions will be scheduled throughout the season.
  - >> Pre-registration will be required, however, participants in our camp program can register for free! These are completely optional but will provide a chance to interact with your peers in a fun, safe, competitive nature!



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### FREQUENTLY ASKED QUESTIONS:

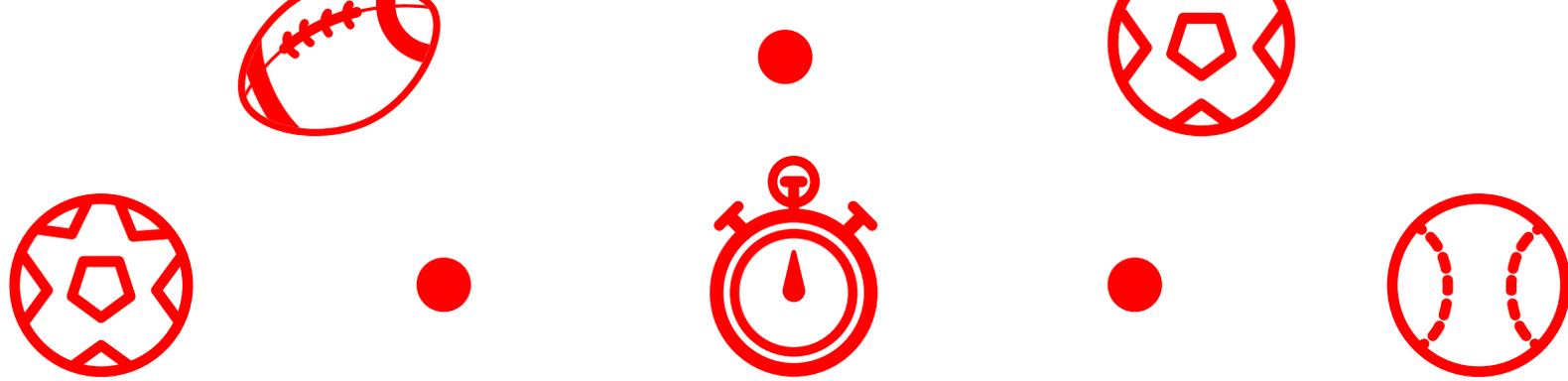
1. What am I getting for the fee I have paid?
  - a. 10 practice times with a volunteer coach.
  - b. Football - T-Shirt and Wristband / Cheer - T-Shirt and Hairbow / Soccer - Jersey and Socks / Flag Football - Jersey and Socks.
  - c. Physical exercise and outdoor play for the participant
  
2. Does my child have to wear a mask?
  - a. Social distancing will be enforced at practices so that children do not have to wear masks during practice unless they choose to do so.
  - b. Children 5 and older are required to wear face masks per the Governor's orders when social distancing is not feasible.
  - c. Children 5 and older should wear masks when entering and exiting the park facility and visiting the restrooms if they cannot maintain social distancing.
  
3. Do parents, guardians and spectators have to wear a mask?
  - a. Per the NC Governor's Orders and a motion approved by the Harrisburg Town Council, if a person is 5 or older they should wear a face covering when visiting any Town facility – indoor or outdoor, (unless participating in an outdoor youth or adult sports program).
  
4. How many people can attend my child's practice?
  - a. We ask that no more than 1 family member attend practice with the participant to help limit the number of people at the park facility at one time.
  - b. Exception: A parent of more than one child, who does not have alternate childcare, may bring their children with them to practice as long as they are maintaining a social distance of at least 6' from other families.



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### FREQUENTLY ASKED QUESTIONS:

5. How will you enforce social distancing?
  - a. Town staff will make every effort possible to inform coaches, parents and participants of the importance of social distancing and mask wearing (when required).
  - b. Only one team will be allowed to practice per practice space.
  - c. Spots will be marked for spectators to maintain 6' of social distance
  
6. Why has Parks and Recreation changed the layout from a regular season with games to a camp format?
  - a. Due to Governor Cooper's orders of the extension of Phase 2, we have decided the camp format is the best for The Harrisburg Community.
  - b. The safety of our participants is our top priority. Social distancing would be difficult to maintain and enforce during soccer, baseball, softball and flag football games due to direct contact of the participants.
  - c. By maintaining a smaller camp style format once per week, social distancing will be more feasible.
  - d. A camp season allows us to offer an athletic season in the most safe and effective manner we can.
  - e. This is TEMPORARY and NOT FOREVER. We thank you for your support, patience and tolerance, as we navigate this very unique season in all of our lives.
  
7. Will there be any type of Health Screening?
  - a. There will be a "Daily Health Screening" before each practice per the NC Department of Health and Human Services. Participants will be asked to answer three questions prior to the start of each practice.



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### COVID-19 REMINDER:

### If you leave home, know your Ws!

 <b>WEAR</b> a cloth covering over your nose and mouth.	 <b>WAIT</b> 6 feet apart. Avoid close contact.	 <b>WASH</b> your hands or use hand sanitizer.
<b>@NCDHHS</b>		<b>#StayStrongNC</b>

If you or a member of your team reports a positive COVID-19 test, please report this to us immediately. In the case there is a positive case on your team:

1. You will need to wait until your team and yourself have been tested and shown negative before practice may resume OR
2. Until a two-week period has passed before practices may resume.

For other questions or concerns, please contact Harrisburg Parks and Recreation at:  
704-455-7275