

## Cape Elizabeth Girls Soccer 2010 Varsity Trip Camp Weatherbie

### Location:

46 Morrill Lane, Monmouth, ME

Phone Number: 933-4740

Dates: Tuesday, August 24<sup>th</sup> through Wednesday August 25<sup>th</sup>, 2010

Supervisors: David & Tracey Weatherbie RN, BSN, Gary Newell, Head Coach and Andy Strout, Coach.

Cost: estimated \$30 per player to cover food and transportation.

### Purpose:

To prepare the high school girls varsity soccer players for the upcoming season as well as provide an opportunity for the campers to develop friendships and trust among their teammates in a relaxed environment.

### Travel Plan: (Bus through CECS)

Depart CE Community Services Parking Lot at 8AM on Tuesday 8/24, drive to Leavitt High School (Turner, Maine) and play in two scrimmages. After the games, drive to Camp Weatherbie, Monmouth ME, after the second scrimmage.

Return to CE Community Services Parking Lot at 5pm on Wednesday 8/25.

### Meals

Dinner on Tuesday 8/24

Breakfast and Lunch on 8/25 \*Campers will be required to assist with meal preparation and cleanup\*

### Accommodations:

Four eight person tents from LLBean. Waterproof. \*Campers will be divided into 4 groups lead by each of the 4 senior captains. They will be required to work together to assemble their tents and take them down the next day.\*

Campers will bring: sleeping mat (if desired), sleeping bag, toiletries, bathing suits, towels, sneakers, their own lifejacket if they have one (not required)

One Porta Potty will be provided.

*Chaperones will be housed inside the camp buildings, separately from the campers.*

### Training Plan:

Campers will scrimmage two Varsity teams at a round robin sponsored by Leavitt High School on Tuesday 8/24. They will do fitness training, directed by David Weatherbie on Wednesday morning 8/25 and then do team building activities on and around the lake.

### Other Activities

Boating  
Watersports  
Card games  
Wiffleball  
Relay races

### Questions

Contact : Tracey Weatherbie  
Home 799-2750 Cell 671-3408

