

Houghton University

Girls Soccer Resident & Day Camp

July 19-23, 2026



IMPORTANT PHONE NUMBERS:

Camp Director: Esther Pellegrino

Camp Director E-Mail: esther.pellegrino@houghton.edu, Office Phone: (585) 567-9548

Safety and Security: (585) 567-9333 (on duty 24 hours a day in the event of an emergency)

IMPORTANT ADDRESS:

Sunday Registration and Drop Off: **6:00-7:30 p.m. in the Nielsen Center**

Houghton University Nielsen Center

1 Willard Avenue, Houghton, NY 14744

<https://www.houghton.edu/admission/visiting/campus-map/>

PAYMENTS AND FINAL BALANCES:

- All payments are completed online through your UltraCamp Registration.
- You can pay in full or make smaller monthly payments.
- Payment amount or changes can be adjusted by contacting conferences@houghton.edu

SOCCER CAMP REFUND POLICY:

- Withdrawal 3 weeks before Camp Start Date: If payment exceeds the \$50 non-refundable deposit, the full refund will be less than the \$50 deposit.
- No refund granted if withdrawal is within 2 weeks of camp.
- Special consideration will be given if withdrawal is for medical reasons.

REGISTRATION DAY:

- **Registration on Sunday is from 6:00-7:30 p.m. in the Nielsen Center.**
- Campers will check in and meet camp staff, receive camp t-shirts, meet with the summer medical staff, and drop off belongings in their dorm room.
- **FORMS SUBMITTED ONLINE BEFORE ARRIVAL**
 - Medical Forms – A physician's signature must accompany each prescription and over-the-counter medication, and both must be turned in to the camp health director at check-in.
 - All over-the-counter and prescription medications must be labeled and stored in their original containers.

CAMPER PICK-UP:

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Time	Event	Location
Sunday, July 19		
6:00-7:30 p.m.	Camp Registration	Nielsen Center
7:45-8:30 p.m.	Roll Call: Introduction of Coaches, Camp Rules	Nielsen Center
8:30 p.m.	Day Campers Depart	Nielsen Center
8:30-10:00 p.m.	Free Time in the Dorm	Gillette Dorm
10:00 p.m.	Lights out	Gillette Dorm
Monday-Wednesday- July 20-22 (TUES- WEAR YOUR CAMP T-SHIRTS FOR CAMP PICTURE)		
8:15-8:45 a.m.	Breakfast	Dining Hall
8:50 a.m.	Roll Call *Day Campers Arrive	Nielsen Center
9:00-9:30 a.m.	Thought for the Day	Nielsen Center
9:30-10:00 a.m.	Walk to the Fields, Warm-Up, and Stretch	Burke Field, Wilts Field
10:00-11:30 a.m.	Training Session I	Burke Field, Wilts Field
11:30-11:45 a.m.	Walk to Lunch	Dining Hall
11:45 a.m.-12:30 p.m.	Lunch	Dining Hall
12:30-12:45 p.m.	Walk to Nielsen/Dorm	Nielsen Center/Gillette
12:45-1:45 p.m.	Pool Time (Elementary/Day Campers ONLY)/Dorm Time	Nielsen Center/Gillette
1:45-2:15 p.m.	Roll Call & Walk to Fields	Nielsen Center- Burke Field, Wilts Field
2:15-3:15 p.m.	Warm-Up/ Skills Contests by Division	Burke Field, Wilts Field
3:15-4:45 p.m.	Training Session II/ League Competition Rounds	Burke Field, Wilts Field
4:45-5:00 p.m.	Walk to Dinner	Dining Hall
5:00-5:45 p.m.	Dinner	Dining Hall
5:45-6:00 p.m.	Walk to Nielsen	Nielsen Center
6:00-6:15 p.m.	Roll Call & Walk to Fields	Nielsen Center- Burke Field, Wilts Field
6:15-6:30 p.m.	Team Warm-Up and Stretch	Burke Field, Wilts Field
6:30-8:30 p.m.	League Competition Rounds	Burke Field, Wilts Field
8:30-9:30 p.m.	Pool Time (Resident Campers ONLY) *Day Campers Dismissed at 8:30 p.m.	Nielsen Center
8:30-10:00 p.m.	Free Time in the Dorm	Gillette Dorm
10:30 p.m.	Lights out	Gillette Dorm
Thursday, July 23		
8:15-8:45 a.m.	Breakfast	Dining Hall
8:50 a.m.	Roll Call *Day Campers Arrive	Nielsen Center
9:00-9:15 a.m.	Thought for the Day	Nielsen Center
9:15-11:30 a.m.	Walk to the Fields & Tournament Games	Burke Field, Wilts Field
11:30 a.m.	Closing Ceremony	Nielsen Center
12:00 p.m.	Campers Dismissed	Nielsen Center

* Day Campers may leave for home following their final match (see your coach and sign out before departing). If day campers are not departing from the fields, they will be picked up at the Nielsen Center.

* All Campers must remain at the fields for match observation. Campers must walk to and from the fields with their team and coach.

*Field Assignments- Adjustments may be needed for weather/field conditions: Elementary, GK Training & Girls Divisions- Burke Field, Wilt's Field, Baseball Turf.

Thank you for coming to Camp! We hope to see you next summer!

CAMPER EXPECTATIONS AND INFORMATION:



These rules and regulations help ensure that all campers have a positive and uplifting experience throughout the week. Many of these rules and regulations are intended to ensure your safety. Several other rules help make this a positive place for campers, coaches, and everyone who shares the campus with us this week.

- Demonstrate Excellence in all that you do. Give your best for the few days you are here.
- We have a **ZERO TOLERANCE** policy for bullying so that every camper is safe. We will not tolerate behaviors toward another camper that could be considered harassment, intimidation, threats, or demeaning. Any camper involved in this behavior will be dismissed from camp without a refund.
- Be aware of roll-call times. You are responsible for being in the right place with your assigned counselor.
- Follow the Daily Schedule. Be in the right place at all times. Be early!
- Look for ways to encourage fellow campers whenever possible.
- No cell phones are permitted during training sessions or formal camp gatherings unless a coach grants permission. Phones may be used in dorms and during meal times.
- All injuries must be reported to the Athletic Trainer when they occur. Keep up with necessary pre-/post-play treatments. The Athletic Trainers have a lot of counselors to look after, so be diligent!
- You must not leave campus unless approved by Coach Pellegrino. If campers are authorized to leave early during the camp day, a parent must sign them out.
- Campers are NOT permitted in ANY building other than your dorm, the campus center, the athletic fields, and the Nielsen Athletic Center unless otherwise directed by the Camp Director.
- No camper is permitted to return to the dorm or cafeteria without the special permission of a coach.
- Stay with your assigned counselor during free time. Campers ARE NOT permitted to be without counselor supervision for the duration of camp. Campers must stay with a counselor when transitioning between campus areas.
- Do not enter another camper's room without their express permission.
- Respect individuals' property. Vandalism and theft will result in immediate dismissal without a refund. Damage to University property will be billed to the camper and parents/guardians.
- Please keep the dorms clean. Use garbage cans on each floor.
- Leave all areas (e.g., cafeteria, dorms, athletic fields) cleaner and better than we found them.
- Directors and floor counselors may inspect your room without advance notice.
- Be aware of lights-out times; these will be enforced throughout the week.
- No swearing, smoking, gambling, drinking, drugs, or indecent photos. Any such offense provides grounds for us to dismiss you from camp without a refund.
- Modest dress is expected; a shirt must be worn for all training sessions.

Girls Soccer Camp Packing List



THINGS TO BRING TO CAMP:

Soccer Specific:

- Soccer Cleats
- Shin Guards
- Water Bottle

Linens:

- Pillow/Pillowcase
- Twin sheets
- Blanket
- Towels

Toiletries:

- Shampoo/Conditioner
- Soap
- Deodorant
- Toothbrush/toothpaste

Clothes:

- Athletic attire for five days, plus extra for additional changes
- Swimsuit/towel
- Comfortable shoes (sneakers/flip-flops)
- Additional clothes for the dorm

Other Items:

- Fan (optional but highly recommended)
- Alarm clock
- Sunscreen
- Personal spending money (optional)- to use at the camp concession stand or the campus store
- \$30.00 key deposit (refundable)- exact change is appreciated
- A great and courteous attitude toward all
- Energy and fun

THINGS NOT TO BRING TO CAMP:

- Refrigerators
- Televisions and/or Blu-Ray and/or video game consoles
- Valuables: We are not responsible for anything that is lost or stolen