

Team Prep Camp 2025

General Information for Campers



www.teamprep.com

2025 SESSIONS	Girls: Thu. August 14 – Mon. August 18 Boys: Mon. August 18 – Fri. August 22
CHECK IN	Between 2-3 PM on arrival date (See bottom for dates of each session). Please arrive during this time frame.
DEPARTURE	Camp concludes by Noon on the departure date.
LODGING	Campers will stay in bunkhouses with other teammates. The bunks have full electrical and plumbing capabilities. There are no locks or keys.
MEALS	Campers will be provided with all meals while at Team Prep Camp. Campers with special dietary needs will be accommodated as best possible. Please make sure to notify your team coach of these needs.
SPENDING MONEY	There is a camp store that is open for an hour each evening for food, drinks, snacks, pizza, and other essentials.
LINENS	Campers are responsible for their own linens. Campers should pack a sleeping bag, or sheets/blankets, pillow, and several towels.
CLOTHING	Camp attire is very casual. Check weather forecasts ahead of time in order to pack appropriately. Nights may get chilly. All campers must bring and wear white or gray t-shirts to all practice and game sessions.
WATER BOTTLES	All campers must bring their own water bottle to use while at camp. Their name should be clearly marked on the bottle so as not to be confused with other camper bottles.
SWIMMING	Swimming is permitted <u>only</u> during designated times when lifeguards are on duty.
TRAINER/NURSE	A certified trainer and/or nurse will be on call at all times.
DAMAGES	Any damages done to Camp Cedar property will be the responsibility of the camper.
DRIVING	Campers are not permitted to drive cars during camp unless given permission by one of the camp directors in coordination with the team coach. Campers will turn in keys at the time of check-in. No camper is allowed to leave camp without supervision or permission.
GOODIES	Each camper will receive a soccer ball and tee-shirt.
REGISTRATION COST OF \$750	All-inclusive. All campers must register online at www.teamprep.com . Processing fees of \$40 will be applied at checkout.
DISCIPLINE	Participants are members of their teams and their school. Camp Cedar and Team Prep Camp will communicate with coaches and schools if discipline results from poor or inappropriate behavior.
CAMP CEDAR	Mailing address and phone numbers during camp : Camp Cedar, PO Box 240, 112, Camp Cedar Road, Casco, ME, 04015. Ph: 207-627-4266; Fax: 207-627-4152 www.campcedar.com
DIRECTIONS	From the south and west: Take I-95 North to Maine Turnpike. Just north of Portland Jetport, take Exit 48-Westbrook. Take right at light after tollbooth onto River Street. Follow to 3 rd light to the junction of Rte. 302. Take left and proceed on Rte. 302 West for 18 miles to the town of Raymond. Turn right opposite Mobil station onto Rte. 121 North. Proceed on Rte. 121 for 7 miles until you arrive at a blinking yellow light at the junction of Rte. 11. Turn right onto Rte 11 North. Camp Cedar entrance is 0.5 miles on the right.

TEAM PREP CAMP
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