

Dear Capital Soccer Club Member

Welcome to our spring training weekend at Jay Peak Resort! We are excited to train at this beautiful facility, and enjoy all of the amenities that Jay offers. The entire venue is truly amazing.

- We invite you to learn more about Jay Peak, by visiting their website.
<https://jaypeakresort.com/>
- For your GPS, the physical address of Jay Peak is: 830 Jay Peak Rd, Jay, VT 05859

Time of Arrival: Friday, April 26th, at 5pm.

Location of Arrival: State Side Hotel, on the property of Jay Peak Resort

Time of Departure: Sunday, April 28th, at 1pm. Parents are asked to arrive at 12:30pm, so that all players can be checked out of their rooms by 1pm. Please be on time to pick up your child.

Location of Departure: State Side Hotel at Jay Peak Resort

Clothing:

- *All Capital SC players should arrive with all soccer equipment necessary to play in the diverse and unexpected weather we get here in our region. This includes a ball, indoor & outdoor soccer shoes, sneakers, sandals, shin guards, water bottle, and the full Capital SC uniform kit (game jersey's, practice jersey, game shorts, and game socks). In addition, a wide selection of clothing for warm, dry, wet, and cold weather (field player gloves, hats, layered clothing, etc). Please make sure your player comes prepared to play outside for the entire weekend, and that proper equipment and clothing is with them. Heavy jackets, warm gloves, and hats will be essential. We recommend coming over prepared on the clothing side of things.*

Food: Our meals at Jay are Dinner on Friday, Breakfast, Lunch, & Dinner on Saturday, and Breakfast & Lunch on Sunday. While at Jay we will eat in the restaurant located inside the State Side Hotel (Howey's). The staff at Jay will provide a well-balanced meal at each sitting. Jay has informed us that they can accommodate any and all dietary needs. They will have options for those with food restrictions, and will also make note of each of the restrictions at each meal. We have discussed having enough food for folks who are gluten free, wheat free, nut free, and who are also vegan or vegetarian. If your player has a severe & specific food allergy or dietary restriction that you would like Jay Peak to know about you can email it my way. Please list your child's name, team, and allergy/restriction/need. Then, I will pass along the list to the folks at Jay Peak. They have asked us to do this to help them prepare the meals. Please get me this information no later than Wednesday, April 10th, as that is the date I will be submitting the form to Jay Peak.

State Side Hotel: Our accommodations at Jay are very nice, and players and parents should understand that the behavior inside the State Side Hotel should be exceptional. Players should act appropriately

inside the hotel, and, should take care of their room. If players damage their rooms, Jay will connect with families directly about fees that will be associated. There is no need to bring bedding and towels like in previous years, as everything will be inside the player's hotel room. Essentially, upon arrival and check-in, players will be issued a hotel room, similar to staying at any other hotel.

Other amenities: Upon our arrival, Capital Soccer Club staff will host a player orientation and go over the schedule and rules for the weekend. Players will have access to the Jay Peak Pumpouse (water park), so everyone should bring swimwear. We will also use the clips and reels climbing walls and Movie Theater. Jay Peak will be converting their Ice Rink into an indoor soccer field for us for the weekend, so please bring all of your indoor soccer gear too.

Capital Soccer Club will have a trainer on staff for the weekend and a player to chaperone ratio of approximately 12:1. Our trainer, Danza, and chaperones will be the one to speak with about prescription medications. Similar to games and tournaments, players are responsible for finding their own ride to and from Jay Peak.

It is going to be a packed weekend of fun and we look forward to the time on the field with all of our players. Jay Peak is home to the area's finest facilities and we are excited about taking advantage of everything they have to offer.

Thank you very much for all your support of Capital SC

Sincerely

The Capital SC Staff