



INSIDE THIS ISSUE:

Inside or Outside 2
Data Sheets 2
Limited Bus Service 2
Coaches Housing 3
Coaches Notes 3
Family Vacation 3
Camp Check List 4

Gold Beach Team
 Camp 2009

CONTACT:

Kevin Swift
 Head Football Coach
 Gold Beach High School

SCHOOL:

(541)247-6647 - Ext. 269
 (541)247-9717 - School Fax

CELL:

(541)425-0069

HOME:

(541)247-9769

E-MAIL:

SCHOOL:

Kswift@cgsd.k12.or.us

HOME:

Kevinswift@hotmail.com

CAMP WEB SITE:

<http://home.pacbell.net/kenswift/BEACH.HTM>

IMPORTANT CAMP DATES & TIMELINE

By the time you get this newsletter there will be less than 80 days before camp begins. Camp staff has been hard at work since the end of November 2008 and now time becomes critical. We thought it might be a good idea for us to give you some landmark events and dates that really have to be met.

Last week in March

Coaches **PLEASE** have your data sheets back to us by this date. **NO** exceptions!!!

Mid April

This is our really drop dead week for teams to let us know if they are **NOT** coming to camp this year. We have a number of teams on the waiting list and we have to let them know by this date.

Mid May

Camp Fees are due. By this date we have either ordered or actually spent a great deal of money ... so camp fees are critical at this juncture. We would like to see payments



Deadline, Dates, and Communication is critical !!!

made by:

1. School Purchase Order
2. School Check
3. Booster Club Check
4. PLEASE no personal checks. If this is the way your parents want to pay ... have them write their check to your athletic fund and bring us a

school or booster check.

As always Coach Kevin Swift is more than willing to work with teams and the various financial issues that arise. Give him a call and heads up if there are areas of concern, as far in advance as possible.

LEX'S LANDING! GREAT FUN ... GREAT

Larry Prestininzi, owner of Lex's Landing, has been a major camp sponsor for the past five years. Lex's Landing ... right on the Rogue River, just 5 minutes from school, is the place to be if you, your parents, visitors, and community members are looking to find a state of the art RV

Campground; with cable TV, computer hook-up and accommodations for the newest RV models. Lex's also has boat mooring, boat rentals, bait and tackling, along with all of the food and beverage amenities that make your week at the Gold Beach Football Team Camp a memorable

experience. We are including Lex's brochure in this newsletter and encourage you to contact them in advance for special camp rates. Please be sure you identify yourself as a Gold Beach Football Team Camp attendee. Call 1-800-290-6208, and ask for Larry !!!



**2009 Session I
June 14 - 18, 2009**

1. Bend H. S. - OR
2. Hidden Valley H. S. - OR
3. Wilson H. S.—OR
4. Lost River H. S. - OR
5. Mazama H. S. - OR
6. North Valley H. S. - OR
7. Rochester H. S. - WA
8. San Juan H. S. - CA
9. Santiam H. S. - OR
10. St. Helens H. S. - OR
11. Stayton H. S. - OR
12. Gold Beach H. S. - OR
13. Taft - H. S. - OR
14. Yreka H. S. - OR
15. Del Norte H. S. - CA
16. Centennial H. S. - ID

**2009 Session II
June 21 - 25, 2009**

1. Aloha H. S. - OR
2. California H. S. - CA
3. Capital H. S. - ID
4. Chimacum H. S. - WA
5. Churchill County H. S. - NV (?)
6. Fort Vancouver H. S. - WA
7. Enterprise H. S. - CA
8. Lassen H. S. - CA
9. Ponderosa H. S. - CA
10. Sequim H. S. - WA
11. Red Bluff H. S. - CA
12. Thurston H. S. - OR
13. South Medford H. S. - OR
14. Borah H. S. - ID (Session II/III)
15. Earl Marriott - BC - Canada
16. Open

? = Tentative decision
I or II = Session decision



INSIDE OR OUTSIDE “THAT IS THE ?”

Many of our returning teams have established a tradition of staying inside or camping outside during their camp experience. Both decisions require considerable thought and planning. Last year we



Remember - Gold Beach High School is on the beach ... cool/windy

ran into a few problems that we plan to avoid this year.

1. No split decisions coaches ... **everyone** is “in” or “out”.
2. Camping out locations spilled over to impact our neighbors to the south and the fair ground facilities.
3. Lack of supervision and control of camping teams during the lights out portion of the camp experience. The same can be said for the indoor teams.
4. Teams infringing

on the living space of teams both inside and out. It is most important to have your teams walk around camp sites and team living/sleeping areas indoors. Please make this issue a high priority and supervision.

5. Trash ... especially outdoors. Gold Beach has a park like campus and the Oregon Coast is beautiful because it is kept free of trash. Please remind your team to pickup all trash whether they are in camp or on a team excursion to the harbor or Hunter Creek swimming hole.

THE IMPORTANCE OF THE DATA SHEETS



Each year we send out data sheets to teams signing up for camp. These are vital to us in our planning, i.e. - T-shirt orders, food supplies, number of certified trainers needed, part time working staff needs, etc.

These will be in the mail by March 10th and really need to be returned before April 1st. The forms are posted on the

web site, from which you can mail your response.

We are the first to recognize that the information we are requesting to difficult to obtain in early March, so we ask you to please do your best, we understand it is only an estimate. We cannot stress the importance of this data. It is critical in keeping camp cost down and maximizing your

camp experience.

One, if not the most important elements, is your arrival date and time, and if you are going to camp out or sleep in one of the gyms.

Again we will award the first teams to get their data in, along with the boobie prize, which has always gone to Gold Beach

RILEY CREEK PRACTICE SITE AND BUS

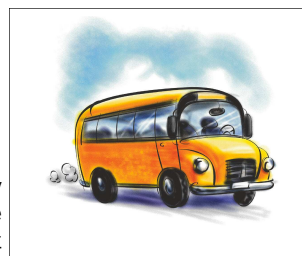
Camp provides buses to take teams to and from Riley Creek for practice sessions.

To Riley Creek

- 8:15 AM
- 10:15 AM
- 1:15 PM
- 3:15 PM
- 6:15 PM

From Riley Creek

- 10:45 AM
- 11:45 AM
- 2:45 PM
- 4:45 PM
- Sunset



Limited Bus Service

We would really like to encourage teams that want to swim to contact Jerry's Rogue Jets for

their swimming hole package. While there is a cost it is a much better swimming experience.

When ever possible we would like teams to make their own arrangements to get to and from the harbor area, using your own transportation.

CHANGES IN COACHES HOUSING ARRANGEMENTS

Late each summer we agonize over our camp cost as we pay our bills and account for our profit. Needless to say our profit has lessened each year. Coach Kevin Swift recognizes that one if not the most important element of camp is its cost.

This year we are confronted with rising cost in a number of areas, from food to trash collection. Needless to say we considered a number of issues from raising cost to cutting services. Coach Swift was adamant in sustaining the highest quality of services for your student/athletes. Food, shirts, officials, awards

and activities must be retained and if possible improved.

After considerable discussions with community leaders, Gold Beach administration, long time visiting coaches and of course Pops Swift it was decided to do away with the \$200.00 coaches housing allowance.

The plan for coaches who want a get away room or coaches retreat for coaches meetings is as follows;

- Contact Coach Swift ASAP and let him know what you want.

Be specific.

- Coach Swift will contact the various housing sites and make reservations for you.
- Coach Swift will contact you with the housing sites, contact information, and phone number for you to make payment arrangements.
- Camp will not accept payment for housing. It must be made directly to the establishment.

Questions ... give Coach Kevin Swift a call.

2009 Session III
July 19 - 23, 2009

1. Carlmont H. S. - CA
2. Dallas H. S. - OR
3. Eastlake H. S. - CA
4. Newberg H. S. - WA
5. North Bend H. S. - OR
6. Northgate H. S. - CA
7. North Medford H. S. - OR
8. Shasta H. S. - CA
9. Hoopa Valley H. S. - CA
10. Winters H. S. - CA
11. North Valleys H. S. - NV
12. Borah H. S. - ID (Session II/III)
13. Klamath Union H. S. - OR
14. Open
15. Open
16. Open

? = Tentative decision
I or II = Session decision

COACHES NOTES



Yo! heads up coaches ...

• Coaches, community, and parents ... is there something you would like covered in our newsletters? Please give the Southern California Pops a heads-up and we will include it in the April

Newsletter.

- Student/athlete—parent checklist for what to bring to camp, both indoors and outdoors. Coaches have told us this is invaluable ... so you may want to give your student/athletes and community a copy

and a heads up.

- If you are new to camp request a copy of the 2008 Camp Coaches Notebook from Coach Kevin Swift. This will give you great insight and answers lots of questions.

THE FAMILY VACATION EXPERIENCE

First ... please be reminded that this is a team camp and your supervision of your team is critical for the success of the camp. With that being said ... we understand that visiting the Gold Beach/America's Wild Rivers Coast brings considerable opportunities to relax and have a quality experience.

The Vacation Experience

We often are surprised at the number of adults who come to Gold Beach during our

camp dates. We often call camp ... "**Camp Snoopy**" because of the number of visitors, young and old.

It has been our experience that teams who make the Gold Beach Camp experience a family vacation assist both camp staff and individual teams' coaching staff in a number of ways. Student/athletes tend to behave better knowing family is in town and families many times assist in transportation issues, food preparation and general

assistance to coaching staffs.

Dining, fishing, river excursions, sight seeing, and golfing, are plentiful in Gold Beach on the America's Wild Rivers Coast. Coach Swift always sends vacation materials to the teams and their coaches.



Check it out! ... for "**FAST**"
Breaking News & Who's Who
...
http://home.pacbell.net/ken_swift/HOME.HTM

Gold Beach High School
29516 Ellensburg
Gold Beach
Oregon, 97444

Phone: (541) 247-6647 Ext. 269
Fax: (541) 247-9717
Cell: (541)425-0069
Email:kswift@ccsd.k12.or.us

[http://home.pacbell.net/
kenswift/BEACH.HTM](http://home.pacbell.net/kenswift/BEACH.HTM)



TEAMWORK

Teamwork is the ability to work together toward a common vision. It is the fuel that allows common people to attain uncommon results.

**GET IT
TODAY!**

2009
Panther Pride

2009 - Gold Beach Football Team Camp Suggested Campers Check List

√

- Sleeping Bag (Warmth or Weather rating based on sleeping inside or outside)
- Air Mattress/Under pad – Foot or Electric Pump (based on sleeping inside or outside)
- Tent (Remember Gold Beach is located on the beach ... cool, damp and windy)
- Tent stakes and tie downs. **Most important** ... Strong and deep ... bring a hammer
- Water proof tarps (Only for camping teams)
- Cot
- Sleeping Pad (Waterproof if camping)
- Pillow
- Extra blanket or two.
- Towels (3-5) ... Be sure that you can identify your towels (Names are a good idea)
- Athletic Socks (8 -12 pair)
- Under pad T-shirts or long sleeve shirt (It gets cool or cold during evening competitions)
- All appropriate football gear, pads, **mouthpiece**, helmet, chinstraps, and **all braces or special equipment.**
- Recreational wear – Shorts, Long pants, T-shirts, sweat suit, light jacket (water proof) ... Remember to bring logo stuff for “**Trading Tuesday**” one of our best activities.
- Personal toilet articles, bug spray, athletic foot spray, sun block, chap stick, facial moisturizer for wind burn. Shower sandals are desirable.
- **Allergy or other prescribed medications, if required, must be reported to the Gold Beach Football Team Camp, Director of Health and Safety (Camp Trainer) and stored with each teams Head Football Coach.**
- Laundry bag. There is a Laundromat almost directly across Hwy 101 from school.

A number of items should be carefully considered before they are brought to camp:

Jewelry and valuables ... items that are of considerable value that require extra security should not be brought to camp.

Video games and video game machines. You are in camp to play football, not sit around and play video games.

Spending money ... good judgment is essential with money. Do not bring a great deal of money and keep your money with your head coach.

Remember to keep track of your gear (especially your shoes ... both athletic and recreational).

Clothing and/or items that might be considered offensive to other participants at camp.

Last ... we strongly encourage student/athletes, coaches and visitors to bring athletic apparel or regional apparel that they might trade with other teams. This builds camaraderie and respect and has been a cornerstone of the Annual Gold Beach Football Team Camp.