



# Team Building Day 2018

**Saturday, August 25th 2018**

Coach Ressler and the coaching staff have planned a full day of team building fun for the start of the 2018 – 2019 season! The girls will start the day right with a great breakfast at Shady Maple Smorgasbord. Then they travel to West Chester for their first outdoor activity, a zip line and ropes course at Treehouse World. Following lunch, they forge on to a refreshing tubing trip down the Brandywine courtesy of Northbrook Canoe Company. The team arrives back in Elizabethtown that evening with time to go home, rest and revive. After sundown, they will meet back at the turf field for a movie under the stars and end the day with fireworks over the Fairgrounds. EGSC will provide bus transportation, breakfast and lunch for the girls. The cost to each player is \$70 to cover the outdoor activities. Specifics of the schedule are below\*:

- ❖ 7 am – Meet at the HS Stadium to board the bus
- ❖ 8 am – Arrive at Shady Maple for Breakfast (1 – 1 ½ hours)
- ❖ 9 – 9:30 am – Depart Shady Maple for Tree House World
- ❖ 11 am – Zip line and ropes course (2 hours)
- ❖ 1 – 2 pm – Lunch and travel to Northbrook Canoe Company
- ❖ 2 - 4 pm – Tubing down the Brandywine
- ❖ 5:30 - 6 pm – Arrive back at the High School
- ❖ 8:15 pm – Meet at the turf field for the movie under the stars
- ❖ 10:30 pm- Fireworks

\*Times are approximate

We hope all the girls are able to join us.\*\* Complete the bottom of this flier and the two liability waivers to register your daughter/s for the event by August 6<sup>th</sup>. Checks should be made out to EGSC. All can be turned in at open play, during team camp or mailed to Amy McEvoy, 67 Briar Rose Trail. (See the back for information on the waivers.)

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Player Name: \_\_\_\_\_ Parent: \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_ Pretzel Sandwich choice (on back): \_\_\_\_\_

Special Concerns to which we should be aware: \_\_\_\_\_

\*\*As with any activity or cost, if there are any financial concerns for your family please let Coach Ressler know and he will privately advise the EGSC president who will make sure your daughter can participate.

\*\*\*The Girl's Soccer trip on August 25, 2018, is neither sponsored by nor endorsed by the Elizabethtown Area School District, the Elizabethtown Area School District Board of Education, the Superintendent, the Athletic Director, or the school.

## Waivers:

1. The waiver for Treehouse World, Inc. must be completed online at:  
<https://waiver.smartwaiver.com/w/59b8082cc0f4f/web/>
2. The waiver for Northbrook Canoe Co. is attached.

## Attire –

1. Treehouse World – You must wear closed toe shoes such as sneakers or hiking boots. Long hair must be pulled back. No dangle earrings or necklaces. You will wear a harness for the course so wear pants or shorts that will be comfortable while wearing the harness.
2. Northbrook Canoe Company – You must wear shoes ie. Sneakers, water shoes or sandals with straps. You will be issued a life vest so wear something that will be comfortable under that. There are changing rooms so you can change before and after the trip. Be sure to bring sunscreen, a towel and a bag for wet items. The rafts can hold a 20oz cup or water bottle.

## ***R&K PRETZEL SANDWICHES***

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*Served on a Pretzel Roll with a condiment packet.*

### **Italian**

*Cooked Ham, Cooked Salami, Hard Salami and Provolone Cheese*

- **Ham & cheese**

*Cooked Ham and White American Cheese*

- **Ham & Swiss**

*Cooked Ham and Swiss Cheese*

- **Turkey & Cheese**

*Oven Roasted Turkey Breast and White American Cheese*

- **Roast Beef & Cheese**

*Roast Beef and White American Cheese*

- **Sweet Lebanon Bologna & Cheese**

*Sweet Bologna and White American Cheese*

- **All Cheese**

*Provolone and White American Cheeses*

- **Chicken Salad**
- **Egg Salad**
- **Tuna Salad**