***FAQs Regarding the Soccer Team’s Trip to Raquette Lake, NY***

1. When is the trip?

Friday, August 29th, 2025 through Sunday, August 31st, 2025

1. What time will you be leaving and returning and from where?

We will be leaving on 8/29/25 at 8:30 am from Westmoreland HS

We will be returning on 8/31/24 by 3:30 pm to Westmoreland HS

1. How will the players get to/from Raquette Lake?

Combination of parents (Westmoreland requires that only a parent can drive their own son.) car pools (Oriskany parents can car pool with parent signing off.) and Coach Palladino (for those without a ride.)

1. How much will the trip cost each player?

Thanks to a generous donation (yet again!) there is no cost for the trip.

1. Is everyone expected to go?

I don’t know why they wouldn’t want to but yes, it is as much a part of our pre-season preparation as the on-field training we do.

1. Where is the camp located?

It is a camp on 8th Lake run by SUNY Cortland in close proximity to the small village of Raquette Lake. Located about 30 minutes beyond Old Forge on Route 28 there are facilities on both sides of the lake we will be using.

1. Who will be chaperoning the trip?

Gil Palladino, Mandy DiMarzo, Collin Clanton, Jacob Usyk, Anthony Sawanec, Owen Long and Andrew Pysnik. Hopefully, Gary Dillon will also be joining us for part of the weekend to take hundreds, if not thousands, of photos. There is a Camp Director and a Cook there around the clock as well.

1. What activities will the players be involved in?

Typical camp activities such swimming, hiking, kayaking and fishing as well as team bonding activities at night, involvement in low Challenge Activities and a few special competitions. This year we have also built in a short (give back to the camp) work session to help with the preservation of the camp.

1. Where do the players sleep?

Indoor lodging in two separate lodges, both of which will be chaperoned. For the most part there are separate bathrooms (which include showers) for every 2-3 players. All players will be expected to clean their rooms before we depart.

1. What is the arrangement for meals?

There is a cook (Roxie) who lives at the camp and will prepare all three meals for us. We will have small groups of players and one chaperone help with the set up before and the clean up afterwards for every meal. If players want to bring snacks for after the meals they are more than welcome to do so.

1. What if my son has food allergies?

All of that specific information has been gathered and shared with the camp ahead of time so those provisions have been made.

1. What if my son can’t swim or is afraid of heights (rope course) or boating?

No one will be forced to do anything they are uncomfortable with.

1. What will he need to pack?
2. Bedding (A sleeping bag is the simplest way to go here.)
3. Pillow
4. Toothbrush, toothpaste, face cloth, towels.
5. Any medication he has to take. Coach Palladino will administer any narcotic that one must take. A Doctors Slip must clearly spell out all medications including any over-the-counter meds.
6. Swim Suit
7. Footwear for the beach, for running, for hiking. Please do not only count on one pair of sneakers to do it all.
8. Fishing pole, LICENSE and gear for those who fish.
9. Light coat and a medium sweatshirt or hoodie.
10. What happens if it rains?

It has in the past and we expect it probably will again...”GOOD!”...

somehow, someway we will turn a rainy day into the best rainy day ever!

1. Are there any provisions for religious services on Sunday?

Actually, in the past when I’ve taken groups to this camp there were a small number of players who wanted to go to a worship service and we were able to attend a 9:30 am service at the Raquette Lake Chapel. This has been arranged again for anyone who wants to attend. It will be chaperoned and the Raquette Lake congregation always makes us feel so special, welcome and they also pray for our season (which we will never turn down!)

1. Cell Phones: We don’t need them. There’s little to no cell service/wifi. Compromise: If you cannot stand to be physically separated from your phone for 3 days, you can bring it, keep it turned off and give it to me to be in MY possession and locked up. If, during the camp session, you can convince me of a compelling reason to use it, I will give it to you for that use only and then it will be returned to the lock box.
2. Parent Need to Contact Camp: Here are 4 numbers you can call in the event of an emergency and you need to reach your son (in priority order):
3. Gil Palladino 315-601-8426
4. Deb Faylo, Antlers Camp Director 315-354-4784
5. Collin Clanton 315-725-4107