BOYS’ LACROSSE INSTRUCTIONAL CAMP: JULY 5-8, 2011

**Equipment:**
- Lacrosse Stick(s)
- Waterbottle
- Mouth guard
- Shoulder and Arm Pads
- Gloves

**Cleated shoes for grass**
- Helmets
- Sneakers for artificial turf
- Shoulder and Arm Pads

*Goalies should bring pads (chest protector & throat guards)*

**Dorm Rooms:**
- Bed Linens are provided. **Pillows, Blankets & Towels are NOT provided.**
- Small refrigerators and microwaves are in the dorm rooms.
- Fans are highly recommended. **Rooms are NOT air-conditioned.**

**PENN STATE MEN’S LACROSSE INSTRUCTIONAL CAMP--”TENTATIVE” Schedule**

**Typical Daily Schedule**

**First Day, July 5**
- 11:30 a.m.–1:30 p.m. Final Registration - Findlay Commons
- 2:00 Camp meeting in full equipment in front of dorm
  - *Do not forget stick and mouth guard!*
- 2:30 Instructional Session
- 4:45 Dinner
- 6:30 Instructional Session
- 10:30 In Dorm
- 11:00 Lights out

**Full Days**
- 7:00 a.m. Breakfast, Clean Room, Room Check
- 9:00 Instructional Session
- 11:30 Lunch
- 1:00 p.m. Instructional Session
- 4:30 Dinner
- 6:30 Instructional Session
- 10:30 In Dorm
- 11:00 Lights out

**Last Day, July 8**
- 7:00 a.m. Breakfast
- 9:00 Final Instructional Session
- 11:00 Check out begins, campers may depart once their room is checked out

*(Please make arrangements for a specific time & place to meet your son.)*

RETURN HOME SAFELY!