

Thank you for committing to participate in the 2007 Richmond Spiders Elite Lacrosse Camp for girls June 25-27, 2008 at the University of Richmond. We are very excited about camp and look forward to working with you!

At registration I will provide emergency phone #s so your parents/guardian will know how to reach myself or daughter in emergency.

The following information and details are important to read prior to registration:

REGISTRATION

- Register on Wednesday, June 25, 2008 between 10:00-11:30am (dorm information will be available on website of www.richmondspiders.cstv-camps-wlacros.html after May 1, 2008. Signs will be posted on campus once you arrive on campus to help you navigate thru campus. Upon arrival, get settled into your room and expect a mandatory camp meeting at 12Noon, then onto lunch as a group before we go onto 1st session. Be sure to check to see what groups you are in before 1st session – they will be hanging in dorm on each floor or near lounge.
- Certified athletic trainer will be present, please see him/her during registration if there are any medical issues that need to be addressed for camp. This trainer will be staying in dorm overnight and will have medical information in case of emergency that parents filled out on-line. If your insurance information has changed since registration please supply new information to trainer at registration.

ARRIVING BY FLIGHT OR TRAIN

- If you need staff to pick you at airport or train, kindly contact office by email by May 19 at alli.nuzzi@richmond.edu to request pick up or drop off, supply itinerary and a staff member will reach you to confirm. There will be a small charge of \$25 per direction due at point of travel.
- Early arrivals – if you would like to stay in dorm one night prior to camp that can be arranged for a fee of \$35. Kindly contact Alli Nuzzi by email at alli.nuzzi@richmond.edu by May 19 to arrange. This MUST be done in advance of May 20 in order to secure a room through housing.

ROOM KEY DEPOSIT

- Overnight campers will need two (2) different deposits in check or cash form. One (1) is written for \$50 for room key deposit and the second (2) for \$15 for dorm access card. Both will be returned at check out if they are handed back into staff.
- Commuter campers will need only one (1) deposit in check or cash form for \$15 for dorm access card. Deposit will be returned at check out if they are handed back into staff. This dorm access card will allow commuter camper to hang out in air conditioned dorm during sessions.

HOUSING

- **You must bring all linens including sheets, pillow, blankets.**
- The dorm is air conditioned with mostly double occupancy however there are a few triples. Room mate requests are available on your on-line registration. If you are not paired with a room mate, one will be assigned to you according to your age.

PARKING

- If you have driven to camp yourself or will commute each day locally, parking passes will be available at registration. However, if you are staying overnight for camp you will not be allowed to drive your car until camp is dismissed. If you are a commuter, be sure to allow enough time before first session to park and be on time for camp attendance.

SCHEDULE

- We expect you to meet on time at all events. Attendance will be taken at all sessions! Final schedule will be given at check in and parents and family are welcome to watch you play at any time just be aware that we play on multiple fields so check the schedule!
- Commuters will be given their drop off and pick up schedule at registration. Mornings usually start around 8:45am and end around 8:30pm (unless there are special activities in evening like college night that you might want to stay). Lunch & Dinner supplied.

CHECK-OUT

- We will end the camp with a play/tournament session on Friday, June 27 from 2-4:30pm with a camp closing meeting to follow. Immediately after our meeting, you will be checked out of dorm, get deposit(s) back and be free to go!

EQUIPMENT

- Be sure to bring all equipment (stick, goalies bring all equipment). Mouthguards will be available for \$3 and you must be wearing your mouthguard at all playing times. You may wear cleats on the grass field (turfs work well on this field too) but also bring cross trainer or running shoes for turf sessions and various other activities. I recommend NOT wearing sneakers on grass. Bring swim suit.

COLLEGE NIGHT

- There will be a college night on first night of camp in order to allow participants to meet with staff and current Richmond players to ask questions and get a better feel for playing college lacrosse along with many, many questions that these young prospects will have.
- We will also offer a campus and facility tour during camp for those interested in the University of Richmond.

DIRECTIONS TO CAMPUS

- Available at www.richmondspiders.cstv-camps-wlacros.html

Any additional questions, please call or email RICHMOND LACROSSE OFFICE.

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