

Thank you for committing to participate in the 2009 Richmond Spiders Lacrosse Camp for girls June 23-25, 2009 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 Tuesday, June 23, 2008 between 10:00-11:30am (dorm information will be available on website of [www.richmondspiders.cstv-camps-wlacros.html](http://www.richmondspiders.cstv-camps-wlacros.html) after May 15, 2009. 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 1<sup>st</sup> session. Be sure to check to see what groups you are in before 1<sup>st</sup> 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](mailto:alli.nuzzi@richmond.edu) or call Alli at 804-287-1934 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 \$30 per direction due at point of travel (cheaper than cab as that will run about \$40-45 each way).

### **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 for commuters. We highly recommend those staying overnight to get up and go to breakfast!

#### **CHECK-OUT**

- We will end the camp with a play/tournament session on Thursday, June 25 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. We will be using both grass and hard turf fields. Bring swim suit.

#### **DIRECTIONS TO CAMPUS**

- Available at [www.richmondspiders.cstv-camps-wlacros.html](http://www.richmondspiders.cstv-camps-wlacros.html)

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

Allison Nuzzi  
804-287-1934  
[alli.nuzzi@richmond.edu](mailto:alli.nuzzi@richmond.edu)