

WHERE WILL CAMPERS BE STAYING?

Overnight campers will be accommodated at the Comfort Inn Oceanfront located in Jacksonville Beach. The hotels website is www.comfortinn.com and searching Jacksonville Beach will bring up the First Street location.

WHAT HAPPENS IF IT RAINS AT CAMP?

At no time will campers be permitted to participate outside in a rainstorm with thunder and lightening. If there is a light drizzle and the conditions are not threatening, campers will participate outside as weather permits.

WHAT IS THE MEDICAL COVERAGE AT CAMP?

All camps are staffed by certified athletic trainers with physicians "on call" at nearby hospitals.

IS THERE SWIMMING AVAILABLE?

There will be designated swimming hours posted dependent upon pool availability.

IS THERE A CAMP STORE?

Each campsite will have a store that sells various clothing such as sweatshirts/pants, t-shirts, shorts, and the latest lacrosse sticks on the market. Pizza and snacks will also be for sale.

WHAT KIND OF SHAPE DO I NEED TO BE IN?

While there will be no physical testing of any sort (i.e. running miles, sprints, etc...), campers are encouraged to come to camp in good physical condition. Tired, aching muscles, sore feet, etc., will hinder your participation and the learning process. Start a conditioning program (running and sprinting) at least three weeks prior to camp. Be in shape to participate in all aspects of the program.

ARE THERE ATTENDANCE REQUIREMENTS?

All campers are required to attend every session. Be on time and be ready to participate in all games, drills, and other activities. Remember, you get out of athletics what you put into it.

ARE THERE CONDUCT EXPECTATIONS?

We expect campers to conduct themselves properly at all times (practice sessions, meals, and in the dorms). Poor behavior hinders the learning process for everyone. Our campers are here to learn and have fun. Those who do not wish to comply with the rules will be dismissed from camp. All campers are expected to be in their rooms by 10:00pm. The camp day is VERY STRENUOUS and proper rest is essential.

DIRECTIONS TO EVENTS

**Comfort Inn Oceanfront Jacksonville Beach
1515 First Street N, Jacksonville Beach, FL
32250 904-241-2311**

From Points North & JAI Airport:

I-95 south towards Jacksonville: Take exit 362A/Blount Island/Jax Beaches onto I-295 N, Continue on SR 9A South for 13 miles, Take the Atlantic Blvd exit towards Jacksonville Beaches for 8 miles, Turn Right onto 3rd Street (SR AIA), Turn Left onto 15th Ave North, Turn Right onto 1st Street N., Hotel will be on left.

From Points South to Hotel: From I-95 North, Take Exit 337 (Orange Park/Jax Beaches) onto SR 9A for 8 miles, Exit onto SR202 E (JT Butler Blvd) for 4m, Take the San Pablo Rd exit & follow South to Beach Blvd, turn Right onto Beach Blvd for 2.7m, Turn Left onto 3rd Street N, Right onto 14th Ave N, Left onto 1st Street N, Hotel on the Right **DRIVING TO JACKSONVILLE UNIV.**

From Hotel: Left onto 15th Ave, Right onto 3rd St., Left onto Atlantic Blvd- go 7.8 m, turn Right to take ramp onto SR 9A North, take the Merrill Rd West Exit towards JU, Turn Right onto University Blvd N, JU will be on the left.

Traveling South on I-95 or from the Airport:

Exit I-95 at Route 9A South. After you cross the St. Johns River, exit at Merrill Road WEST and head west (right). Merrill Road takes you directly into the main campus entrance.

Traveling North on I-95:

Exit I-95 at Southside Blvd (Route 115 north). Exit at Merrill Road WEST and head west (left). Merrill Road takes you directly into the main campus.



Lacrosse Camp Information Packet

*Please read pamphlet
in its entirety!!*

*Included inside are answers
to the most frequently
asked questions!!*

2009 DATES & SITES

**JU Women's Winter Camp
December 20 – 22, 2009**

FOR INFORMATION

MCCSports, Inc.
2220 CR 210 WEST, SUITE #108
PMB #301
SAINT JOHNS, FL 32259

camps@julacrosse.com
904-347-7922 camp office (off site)
904-598-4466 (on site)

WHEN/WHERE IS REGISTRATION?

Check In: Comfort Inn Oceanfront Lobby
December 20th, 12 – 2pm
Check Out: December 22nd, 12-2pm

*Note- If room is unavailable due to maid services and late check out from previous guests at the Comfort Inn Oceanfront Hotel, we will be placing luggage in the "Dolphin Room" until rooms are available. The room will be locked and luggage will be safe.

WHAT HAPPENS IF I CAN'T MAKE IT TO REGISTRATION ON TIME?

If you know in advance that you'll be arriving at a time other than the registration time, please phone the camp office to let the directors know ahead of time. If problems exist en route, late campers should report to the camp office - which will be clearly designated (usually in the hotel) - and ask for the director.

WHAT SHOULD I BRING TO CAMP?

All campers should bring the following: either a sleeping bag or linens for dormitory bed; pillow; a fan is allowed but not necessary in air-conditioned dorms; towels for showering; shorts, socks, bathing suit & t-shirts for 3 sessions daily; cleats; indoor surface sneakers (i.e. tennis shoes, cross trainers, basketball shoes ... not running shoes!); alarm clock; **water bottles, stick, goggles & mouth guards are mandatory!** Goalkeeping equipment is **not provided**. Goalkeepers must bring their own equipment to camp. Campers should also bring extra money for the camp store where snacks and various refreshments will be available.

WHEN/WHERE IS PICK-UP/DROP OFF?

For Commuters: Campers must be dropped off at the hotel 30 min prior to the start of the 1st session each day. Campers may be picked up at the fields in the evening.

All final sessions will include the tournament championship games and an awards/recognition presentation. Parents are invited to attend the final session.

CAN I DRIVE TO CAMP?

While the director does not encourage campers driving on their own, campers are permitted to drive themselves. There will be a designated parking lot and you *may* have to pay for a parking pass. Car keys will be collected prior to the 1st session and may be picked up at the camp store following the last session each evening at camp. Commuters may not leave camp during the day at any time.



WHAT TRANSPORTATION SERVICES ARE AVAILABLE?

A shuttle to camp will be available for \$20 round trip (payable upon arrival) from JIA to the hotel check in. It will depart the baggage claim level at 12:30pm on the 20th. We ask that arrival flights get in no later than 12pm and returning flights start no earlier than 3pm on December 22nd. If you need a taxi for other times, ground transportation may be found at www.jia.aero.

WHEN IS THE FIRST/LAST MEAL?

On the first day of camp, dinner is the first meal served and on the last day, breakfast is the last meal served.

CAN I ARRIVE EARLIER THAN THE REGISTRATION TIME?

It is the camp policy to assume no liability for campers arriving prior to registration. It is also the camp policy to not allow campers to arrive on the night prior to camp beginning.

WHO WILL BE MY ROOMMATE?

To the best of our ability, we will room campers with their requested roommate.

WHAT IS YOUR REFUND POLICY?

You must find a player to replace you, who in turn can pay you the amount you submitted. Replacements will then be responsible for paying any final balances. Note that all registrations carry a non-refundable \$250.00 deposit and that no refunds are issued for those unable to attend 10 days prior to camp beginning.

WHAT HAPPENS IF I CANNOT ATTEND CAMP?

Given the camp policy to not extend refunds, we do allow campers to find "replacements" for their spot in camp. If circumstances arise that do not permit you to attend camp, please find a replacement camper for your spot. Any questions, call the camp office.

WHAT ARE YOUR METHODS OF PAYMENT?

Register online at www.julacrosse.com (processing fee will apply), Personal checks will be accepted up until December 10, 2009 (or until the camp is full). While balances due may be paid at the time of registration, personal checks will not be accepted. **Any payment made at the time of registration must be in the form of cash, certified check, or money/postal order ONLY.**

WHEN IS THE "BALANCE DUE" DEADLINE?

Balances due may be paid at the time of registration. However, please be advised that balances paid on the day of registration must be in cash, certified check, or money order. **To pay your balance due with a personal check, all checks must be received prior to December 10th, 2009.** It is *strongly recommended* that balances be paid prior to December 10th.

RETURNED CHECKS?

For each returned check, there is a \$25 processing fee.

DO I NEED A PHYSICAL?

All campers must have a physical completed prior to camp. Campers will receive a health/physical form in their confirmation. **If you registered online, please download a health form at: www.julacrosse.com.** Please have your doctor fill out and sign the health/physical form. All campers must have a signed and completed health/physical form prior to participation. Health/physical forms may be mailed directly to the camp office prior to December 10, 2009. **After December 10, 2009 please hand carry the health/physical form to registration.** It is the policy of MCCSports, Inc. to only accept the Health Form (with a doctor's signature) provided by the camp office.

DO I NEED HEALTH INSURANCE?

All campers are required to have health insurance for their participation in camp. If health insurance is not available, please phone the camp office immediately upon receiving confirmation of enrollment.

HOW DO I REACH MY DAUGHTER IN THE EVENT OF AN EMERGENCY?

Please call the camp membership office at 904-347-7922 at any time during camp.

WHAT IS THE DEADLINE FOR MAILING IN ANY CAMP MATERIAL?

Please do not mail any camp material (i.e. application, health form, balance due) to the camp post office box after December 10, 2009!!

IS THERE SUPERVISION?

Our coaching staff will provide full supervision, parents are not required to chaperone or attend. Please note that damages to the hotel room are the camper's responsibility and that no charges to the room will be allowed during our stay. Movie rentals, room service and phone service will only be available with CASH payment to the hotel.

