

ARE THE DORMS AIR-CONDITIONED?

All dorm facilities are air conditioned. Please be advised that personal fans will not need to be brought to camp.

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 camp store that sells various T-shirts, shorts, sticks, and the latest lacrosse equipment on the market, etc... With access to food and beverages in the evening.

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 CAMP

Traveling by air

The City of Jacksonville is served by Jacksonville International Airport, which is 20 minutes by car from the JU campus. Taxi service is available. JIA may be reached at 904-741-4902 or www.jia.aero (which provides direct phone numbers for terminals and divisions of the airport).

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), heading north.
- * Exit at Merrill Road WEST and head west (left). Merrill Road takes you directly into the main campus entrance.

Traveling East on I-10

- * Merge with I-95 North.
- * Exit I-95 at Union Street and head east (right).
- * Cross the St. Johns River on the Mathews Bridge (the road becomes Arlington Expressway).
- * Exit after the first overpass onto University Blvd. North (right).
- * Travel about two miles and pass Merrill Road intersection. JU's main campus entrance is on the left.

FOLLOW SIGNS TO JU LACROSSE CAMP CHECK-IN



WOMEN'S Lacrosse Camp Information Packet

*Please read pamphlet
in its entirety!!*

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

2010 DATES & SITES

July 23-25 Team Session
July 28-31 Individual/Advanced
Session
Jacksonville University
2800 University Blvd North
Jacksonville, FL 32211

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 : TEAM Session: July 23rd ,12-2pm at Oak Hall.

IND. Session: July 28th, 12-2pm at Oak Hall.

Signs on campus will guide you to this location.

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 dorm) - 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.

Special Note for School Team Participants: It is strongly recommended that teams bring their "school colors" in keeping with the theme of "total team preparation." School uniforms or team shirts are suggested.

WHEN/WHERE IS PICK-UP/DROP OFF?

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

Campers who drive may pick up their keys after the last session at the camp store.

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?

It is the camp policy to provide **no transportation** (i.e. pick-up/drop-off) services for campers. All sites are easily accessible via buses, airports & taxis.

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. Please be advised that dorm rooms are singles & doubles.

WHAT IS YOUR REFUND POLICY?

NO REFUNDS. Please note that all registrations carry a \$250.00 nonrefundable deposit. You may find a player to replace you, who in turn can pay you the amount you submitted. Player replacements will then be responsible for paying any final balances. No balance refunds will be given for cancellations received 10 days prior to an event.

WHAT HAPPENS IF I CANNOT ATTEND CAMP?

Given the camp policy to not extend full 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 July 15, 2010 (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 July 15, 2010.** It is *strongly recommended* that balances be paid prior to July 15th.

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 July 15, 2010.** **After July 15, 2010 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?

At the time of registration, all emergency numbers/procedures will be posted. If parents are not accompanying their daughter to registration, please have her take down this information and call you immediately after registration.

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 July 15, 2010!!**

IS THERE SUPERVISION?

Our coaching staff at the University will provide full supervision, parents are not required to chaperone or attend.