

IS THE HOTEL AIR-CONDITIONED?

All hotel facilities are air conditioned.

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 each day at camp.

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 – Check-in @ Hotel

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 Atlantic Blvd East and turn LEFT (towards the beach). Follow to A1A and turn right. Go about a mile and turn left onto 15th Ave. North. Hotel will be on right.

Traveling North on I-95

* Exit I-95 at 9A North and Follow to Rt 202 (J Turner Butler Blvd) East. Take A1A north when JTB ends. Follow for 2 miles. Turn Right on 15th Ave. North. Hotel will be on right.

Traveling East on I-10

* Merge with I-95 South. Follow to Rt 202 (J Turner Butler Blvd) and follow EAST. Take A1A north when JTB ends. Follow for 2 miles. Turn Right on 15th Ave. North. Hotel will be on right.

COMFORT INN OCEANFRONT

1515 N. 1st St., Jacksonville Beach

Florida, US, 32250

ComfortInnJaxBeach.com



WOMEN'S Lacrosse Camp Information Packet

*Please read pamphlet
in its entirety!!*

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

2010 WINTER DATES

December 28-30th

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 will be 11-1pm on December 28th at the Comfort Inn Oceanfront, Jacksonville Beach. Check Out will be 2pm on December 30th.

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 call Katharine Rolandelli at 904-347-7922 for guidance on meeting up with the group.

WHAT SHOULD I BRING TO CAMP?

All campers should bring the following: 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 resort 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?

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 30 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 December 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 December 15, 2010.** It is *strongly recommended* that balances be paid prior to December 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 December 15, 2010.** After December 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 December 15, 2010!!

IS THERE SUPERVISION?

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