

## **Hello and welcome to the 2018 Coastal Empire / ARMY Lacrosse HIGH SCHOOL TEAM Camp in Savannah!!**

We are very excited for this year's session and hope you are as well. We have assembled a great staff and are looking forward to teaching you more about the great sport of lacrosse. Before you arrive here is some additional information to get you ready.

### **WHERE TO GO**

**Directions to Armstrong Atlantic State University · 11935 Abercorn Street · Savannah GA 31419**

[Click here to use the Campus Map to Find the Recreation Field and Dorms](#)

**Northbound:** Travel north on interstate 95 (I-95N). Take exit 94, GA-204, toward Savannah/Pembroke. Turn right onto GA-204 E for 7.3 miles. Armstrong Atlantic State University is on your right and has two entrances onto campus. The second entrance (Arts Drive) is the main entrance to the university.

**Southbound:** Travel south on interstate 95 (I-95N). Take exit 94, GA-204, toward Savannah/Pembroke. Turn left onto GA-204 E for 7.5 miles. Armstrong Atlantic State University is on your right and has two entrances onto campus. The second entrance (Arts Drive) is the main entrance to the university.

**Eastbound:** Travel east on interstate I-16 (I-16E). Take exit 157A onto interstate 95 (I-95S) toward Brunswick/Jacksonville for 5.1 miles. Turn onto GA-204 E for 7.5 miles. Armstrong Atlantic State University is on your right and has two entrances onto campus. The second entrance (Arts Drive) is the main entrance to the university.

### **REGISTRATION**

On the first day when you arrive, please check in at the registration tables located at Windward Commons Dorms. Signs will mark where you can park and drop off campers. We will be collecting health forms, disciplinary policy forms, and Armstrong Waiver Forms (both attached to email and on the [website](#)) from campers who have not sent them in already. Also, you will receive a wristband, your jersey for the camp and get room assignments, room keys, meal tickets and other important information. The registration table will be open from **6:00pm-7:00pm**. If you need a health form, please go to our website and download one: [www.coastalempirelacrosse.com](http://www.coastalempirelacrosse.com). You will find the health form at the top of the homepage. It is important that we have this information so that our trainer can be properly prepared for any health concerns.

### **REQUIRED HEALTH HISTORY FORM & ARMSTRONG WAIVER FORM**

Here is the link for the required health form: [HEALTH FORM](#)

Here is the Rules/ Armstrong Waiver – Parent and Player signature required: [RULES/ WAIVER](#)

Save yourself some time and fill out prior to check-in. We will have extra copies if needed.

### **WHAT TIME DO I NEED TO BE AT CAMP?**

*On the first day of Camp (THURSDAY):*

- If you are TEAM PLUS staying Overnight – Please be at registration on Thursday between 6:00 – 6:30pm
  - If you are TEAM or TEAM PLUS (not overnight) – Please be at registration on Thursday between 6:30 – 7:00pm
- \*\* There is no dinner on Thursday night, please eat on your own prior to registration**

*Daily:*

- If you are participating in TEAM PLUS, please be at camp dressed and ready to play at 9am on Friday, Sat, & Sun
- If you are participating in TEAM, please be at camp dressed and ready to go at 3:15pm on Friday, Sat, & 9am on Sun

*On the last day of Camp (SUNDAY):*

- TEAM and TEAM PLUS – ALL arrive dressed and ready to play 9am on Sunday and will be dismissed at 11:30am to end camp.

**WHAT TO BRING TO CAMP** (IF POSSIBLE PLEASE MARK ALL EQUIPMENT WITH A PERMANENT MARKER TO ENSURE THAT NO EQUIPMENT WILL ACCIDENTLY GET SWAPPED WITH ANOTHER CAMPER)

#### **1. Equipment**

**Lacrosse Stick-** We suggest that every camper have 2 sticks in case one breaks (recommendation). Please put your name on your stick. Many campers have the same stick and this will help with identifying a stick. The best way to do this is TO WRITE YOUR NAME WITH A PERMANENT MARKER or to tape your name to the handle of the stick.

- Helmet (please put a piece of tape with your child's first name on the front of the helmet)
- Shoulder Pads

- Rib Pads- optional
- Arm Pads
- Gloves
- Mouth Piece- MUST HAVE ONE!
- Grass Cleats Preferred or sneakers if you don't have cleats

2. Athletic Clothing - camp has between 2 and 3 playing sessions per day so pack accordingly

- T-shirts (10-12 playing shirts)
- Shorts (4-5 pairs)
- Athletic Socks (10 pairs)
- Jockstrap/ Compression Shorts
- Sneakers for Gym activities

3. Recreational Clothing

- Swim suit- overnight campers will swim each day
- Comfortable Clothing- For evening activities and in between sessions
- Shower Shoes (important)

4. Linens/Toiletries- Overnight Campers

- Towels (2-3) We will be swimming each day
- Sun screen
- Gold Bond or some other talc powder
- SHEETS, BLANKETS, PILLOW AND/OR SLEEPING BAG- no linens are provided in the dorms
- Soap, Shampoo, Toothbrush and toothpaste

5. Miscellaneous

- Pad Lock- To lock up any valuables.
- Alarm Clock
- Medications- please check them in with our trainer
- Shampoo/deodorant/soap/toothbrush/toothpaste
- Spending Money- we do have a camp store in which we sell equipment, clothing, and snacks. Please read below about our camp store.
- Vending machines are located in dorm lobbies; however, there may not be change machines available. Please bring enough change to buy snacks.
- Snacks - Campers may also bring snacks to keep in the dorm rooms. There is no refrigerator, so please limit the snacks to items that do not need to be refrigerated and are easily cleaned up.

This list was created from players who've spent their summers attending lacrosse camps all across the country. Being prepared can only enhance your camp experience. It is better to bring more clothing and not use it, than to need it and not have it. Don't be the kid at camp that wears the same stinky t-shirt all week long! If you have any specific questions feel free to e-mail the directors.

Now what did you say were the most forgotten items for camp? Just a re-cap:

1. Enough socks
2. Mouth guard
3. Extra money for the camp store
4. A pillow
5. Jock/athletic cup
6. Deodorant (please!)
7. Toothbrush and paste
8. Athletic tape
9. Sun block
10. Alarm clock
11. Prescriptions- please be sure to include dosage requirements so our licensed trainer on site is aware of what is required.

## **CELL PHONES**

We ask that you NOT bring cell phones to camp. If you need to make a call home to a parent, please see a staff member to place your call. Phones can also disappear and it is safer to not have such an expensive piece of equipment with you at camp.

## **PARKING**

If your son is plan on driving to camp please let us know. We will let you know at registration where to park. If you do not park in the area we assign you will be ticketed. Thanks for your help on this. **If you are staying overnight we ask that you turn in your keys at registration.**

## **CAMP STORE**

We will have a camp store in the dorms that will sell equipment, sticks, tee shirts, shorts, limited Gatorade and snacks, and Pizza order accepted. We strongly recommend that you deposit your child's money in the camp store at registration. We will run a bank for you during the week and then refund any money that you do not spend at checkout. **We recommend not keeping your money in your room - campers are welcome to get money from their account at anytime.**

## **PICK UP/DROP OFF (Day Campers)**

For those in the Day Session, your day starts at 8:45am ends at 3:15pm. Half Day Campers will be dismissed at 12pm. Pick and drop off will occur at the fields, parking will be available in front of our dorms which are adjacent to the fields.

## **LEAVING CAMP**

If your child needs to leave camp early for any reason, please be sure the staff is informed.

## **REQUIRED HEALTH HISTORY FORM & ARMSTRONG WAIVER FORM**

Here is the link for the required health form: [HEALTH FORM](#)

Here is the Rules/ Armstrong Waiver – Parent and Player signature required: [RULES/ WAIVER](#)

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## **CAMP OVERVIEW**

- 9:00am - Field Session--skill work, position tutoring (On the first Day we are on the field at 9:45am)
- 12:00pm - Lunch In the Galley (Air conditioned)
- 1:15pm – Free time
- 3:15pm – Team Strategy/Film Session with your College Coach
- 4:00pm – Team Practice
- 5:30pm - Dinner in the Galley and Free Time in Rec Center
- 7:30pm – Night Games
- 10:00pm - Campers in Room - Room Check

Parents and Coaches are welcome to attend any session. On Sunday, we would love to ALL parents attend our last session where you will be able to watch your son's apply the skills that they learned at camp in games – session will start around 9am.

We hope this note has covered all the details. If you have any further questions or concerns, please feel free to contact the directors at [empirelax@gmail.com](mailto:empirelax@gmail.com) or call the camp phone at 912-344-8726.

All the Best!

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