

Hello and welcome to the 2015 GT Girls Lacrosse Camp!

We are very excited for this year's session and hope you are too! 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:

Address: 521 Tuner Place NW Atlanta, GA 30318.

From the North: Take 75/85 South to the Georgia Tech/North Ave exit (#249D). Turn right onto NORTH AVE and travel 4/10 mile and turn right onto TECH PARKWAY. Then go 3/10 miles and take a right onto MEANS STREET and then an immediate left onto FERST DRIVE and drive approx. 2/10 mile and the fields will be on your left just past the Campus Recreation Center. You will then take your next left just past the fields, which is 6th STREET. Follow 6th Street through a right hand turn. Take your next left onto 8th STREET and the dorms will be immediately on your right hand side (Folk and Caldwell)

PLEASE LOOK FOR THE SIGNS AND STAFF MEMBERS DIRECTING YOU. There will be limited street parking but ample parking in a lot BEHIND the dorm (take two rights past the dorm)

From the South:

Take 75/85 North to the Georgia Tech/10th Street Exit (#250). Turn left at the light off the exit onto 10th Street. Go to the 6th light and turn left onto Hemphill Ave. When Hemphill ends (in about ¼ mile) turn right onto Ferst Dr. You will then take your next right, which is 6th Street. Take your next left onto 8th St and the dorms will be immediately on your right (Folk and Caldwell). PLEASE LOOK FOR THE SIGNS AND STAFF MEMBERS DIRECTING YOU. There will be limited parking on the street and ample parking in a lot located behind the dorm.

For GPS purposes the address: 521 Tuner Place NW Atlanta, GA 30318.

REGISTRATION

On the first day when you arrive, please check in at the registration table located in between Folk and Caldwell Dorms. We will be collecting health forms from campers who have not sent them in already. Also, you will receive your jersey for the camp and get room assignments, room keys, meal tickets and other important information. The registration table will be open from **11:30am-12:30pm**. If you need a health form, please go to our website and download one: www.gtlatexcamps.com. You will find the health form under the CAMP FORMS on the left hand side of the site. If you need one emailed please let us know and we can do that. It is important that we have this information so that our trainer can be properly prepared for any health concerns.

LUNCH IS NOT PROVIDED THE FIRST DAY!

WHAT TO BRING TO CAMP (IF POSSIBLE PLEASE MARK ALL EQUIPMENT WITH A PERMANENT MARKER FOR YOUR PROTECTION AND SAFETY)

1. Equipment

- Lacrosse Stick- We suggest every camper should have 2 sticks in case one breaks (recommendation ONLY. 1 stick will work). 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.
- Goggles
- Mouth Piece- MUST HAVE ONE!
- Cleats- we play on the NEW sprint turf
- Tennis shoes for evening activities

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

- T-shirts/sports bras (8-10)
- Shorts (4-5 pairs)
- Athletic Socks (8-10 pairs)

3. Recreational Clothing

- Swim suit- we 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
- SHEETS, PILLOW AND/OR SLEEPING BAG- no linens are provided in the dorms- the beds are TWIN size

5. Miscellaneous

- Alarm Clock
- Medications- please check them in with our trainer
- Shampoo/deodorant/soap/toothbrush/toothpaste- all toiletries
- Spending Money- we do have a camp store in which we sell equipment, clothing, and snacks. Please read below about our camp store.

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.

If you need to borrow any equipment please contact us immediately. We have a limited supply but would be happy to let you borrow some of it. It is on a first come, first serve basis.

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 and sheets- the beds are twin size
5. Deodorant (please!)
6. Toothbrush and paste
7. Enough clothes- it will be hot and sweaty
8. Sun block
9. Alarm clock
10. Prescriptions- please be sure to include dosage requirements so our licensed trainer on site is aware of what is required. We will have a trainer on site 24/7 who can help administer and doses.

CELL PHONES

We ask that you NOT bring cell phones to camp. If you need to make a call home, or to a parent, please see a staff member to place a call. Phones can also disappear and it is safer to not have such an expensive piece of equipment with you at camp. If your daughter is going to bring a phone be sure she always LOCKS it in her room

PARKING

If you plan on driving to camp please let us know. We will let you know at registration where to park. **Parking passes are \$15 each for the week** (this is a direct cost from GT Parking). 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 your keys into us at the beginning of camp.

CAMP STORE

We will have a camp store in the dorms that will sell equipment, sticks, tee shirts, shorts, Gatorade, Pizza, and Snacks. 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. **Please do not keep your money in your room- they are welcome to get money from the account at anytime.**

PICK UP/DROP OFF (Extended Day Campers)

For those in the Extended Day Session, your day ends at 8:00pm Monday, Tuesday and Wednesday. Thursday we end at 12pm. Pick up will occur on Ferst Drive at the entrance to the turf fields. When turning onto Ferst Drive from Hemphill just go straight and the fields are on your right in about 200 yards. In case of rain, proceed to the dorms where check-in occurred and we will have them waiting safely indoors. The same applies for drop off (8:45am) on Tuesday, Wednesday and Thursday.

LEAVING CAMP

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

PAYMENTS

If you have an outstanding balance please mail your check to:

GT Lacrosse Camp
c/o Ken Lovic
992 Oakdale Rd
Atlanta, GA 30307

If you would like to pay by credit card, we will send you a paypal link in order to complete your payment. If you do not receive one within one week of this email, please e-mail us at gtlaxcamps@gmail.com.

REQUIRED HEALTH FORM

You can find a link for the required health forms on our site www.gtlaxcamps.com under CAMP FORMS on the left hand side. Save yourself some time and fill one out prior to check-in.

CAMP OVERVIEW

Monday, June 22 :

11:30am- 12:30pm- Camp registration

12:45pm - 2:45pm- Afternoon Session

3:30pm-4:30pm- Swim time

4:45pm - 5:45pm Dinner

5:45pm – 8:00pm Evening Session

8:00pm -10:00pm- Day campers depart and Evening Activities - Movies, Game Films etc..

10:30pm: In rooms

11:00pm: Lights Out

Tuesday and Wednesday June 23-24:

7:00am - 8:30am: Breakfast- Overnight Campers

8:45am Day campers dropped off at field

9:00am – 11:00am Morning Session

11:15am - 1:00pm: Lunch

1:00pm – 3:00pm Afternoon Session

3:30pm-4:30pm- Swim time

4:45pm - 5:30pm Dinner

5:45pm – 8:00pm Evening Session

8:00pm -10:00pm- Day campers depart and Evening Activities - Movies, Game Films etc..

10:30pm: In rooms

11:00pm: Lights Out

Thursday, June 25:

7:00am - 8:30am: Breakfast- Overnight Campers

9:00am - 12:00pm: Morning Session/Play offs

Parents and Coaches are welcome to attend any session. On Thursday, we would love to ALL parents attend the Playoffs to see your children put their new skills to work for them in a game. Those games will begin at 9:30am and end at 12:00pm depending on the age of your camper. We will email everyone the schedule on Saturday

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 gtlaxcamps@gmail.com or call the camp phone at 404-323-0603.
All the Best!

www.gtlaxcamps.com

Thanks

Ken Lovic, Director