

Hello and welcome to the 2015 GT Lacrosse Camp!

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:

Address: 521 Turner 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). Circle around the dorm to the back side (2 rights) and park in the lot behind the dorms.

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.

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.

**Address: 521 Turner 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. If you need a health form, please go to our website and download one: [www.gt1axcamps.com](http://www.gt1axcamps.com). You will find the health form under the CAMP FORMS section on the left side of the home page. If you need it faxed or mailed please let us know and we can do that as well. 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!**

Due to the number of campers we will be running a split session camp like we have done in the past. Below are some details related to this format.

REGISTRATION- All players will be divided up into one of three groups.

BIG SKY- ages 12 and under

SEC- ages 13-14

ACC- ages 15- and older

REGISTRATION TIMES

9:30am-10:00am- **ALL GOALIES REGISTRATION ONLY- If you are a goalie you should be receiving a separate email**

10:30am-11:45am- **BIG SKY**

12:00pm-1:30pm- **ACC and SEC**

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

1. Equipment

- Lacrosse Stick- We suggest every camper should have 2 sticks in case one breaks (recommendation ONLY). 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 last name on the front of the helmet)
- Shoulder Pads
- Arm Pads
- Gloves
- Mouth Piece- MUST HAVE ONE!
- Cleats- we play on grass and NEW sprint turf
- Tennis shoes for evening activities

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

3. Recreational Clothing

- Swim suit- we will swim Friday and Saturday
- Comfortable Clothing- For evening activities and in between sessions
- Shower Shoes (important)

4. Linens/Toiletries- Overnight Campers

- Towels (2-3) We will be swimming don't forget
- Sun screen
- Gold Bond or some other talc powder
- 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
- 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. 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. 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 son is going to bring a phone be sure he always LOCKS it in his 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 \$20 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. If you are simply visiting camp you do not need a parking pass- for drop off and pick up. Please always park in the lot behind the dorm.

#### CAMP STORE

We will have a camp store in the dorms that will sell equipment (new and used), 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 6:30pm or 8:30pm (depending on your age group- details will come out about that later this week). 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 on Friday, Saturday and Sunday.

#### 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](mailto:gtlaxcamps@gmail.com).

#### REQUIRED HEALTH FORM

You can find a link for the required health forms on our site [www.gtlaxcamps.com](http://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

DAILY SCHEDULE will be emailed in the next few days as we confirm camper numbers and groups

**Thanks again and we look forward to a great camp with your sons!**