



East Meets West Boys Camp July 26-29, 2010

Welcome to the East Meets West Lacrosse Boys Camp, July 26-29th held at the campus of UC San Diego. As always it is our pleasure to have you join us for this instructionally based camp.



Please print a copy of these instructions for your reference. The information is posted on the boy's camp page at www.emwlacrosse.com.

Check In and Check Out

All Campers (including Day) arrive at **1:00pm on July 26th**. Once checked in, campers are *NOT* permitted to leave the camp for any reason unless a typed and signed note by parent or guardian is presented at check in. No exceptions and please, **NO EARLY CHECK IN OR OUT. Check out on July 29th from 11:30-Noon** in front of Stewart Hall.

Directions to UC San Diego, Stewart Residence Hall (@ Warren College)

From I-5 exit at Genesee Ave.
Go East (towards Hospital)
Turn Right at Campus Point
Turn Right at Voigt Drive (now heading west)
Follow Voigt to 3rd Stop Sign and turn Right
Turn Right at next Stop Sign and follow back to end of service road.

Use the turnaround circle to unload **BUT BE SURE NOT TO PARK HERE!** The University is very quick to issue a tickets and the Camp is not responsible for parking violations. Use the parking meters lot on either side of the Warren Residence Hall Complex. From the circle turn left, and use the walkway that leads into the quad area. Diagonally across to your right you'll see the check in area next to the volleyball court in front of Stewart Hall.

Day Campers

Arrive as instructed above on the first day. After that you'll follow this schedule.

July 26: Arrive as instructed above	Depart at 5:30pm
July 27-28: Arrive 9:00am at dorm	Depart at 5:30pm
July 29: Arrive 9:00am at dorm	Depart at 11:30am

You will have a space to use to relax between sessions. Be sure to take all of your belongings with you each day. The lounge space is locked during the camp sessions and the staff member who operates the camp store always has the key. We suggest that you bring an extra shirt, extra socks, flip-flops, and a hand towel.

Camp Store

The Camp Store is open between sessions and in the evening. Campers may purchase snacks, drinks, apparel, and some equipment. Nightly Pizza orders are taken to give you something to munch on after the evening session. The Camp Store is a great compliment to the dining hall.

For your convenience, you may establish a "Store Account" at check in. Campers deposit cash into the account and purchases are simply subtracted from the account. At the close of camp, refunds are given to parents. It's our goal to reduce any opportunity for theft during our camp. If you wish to set up an account, simply bring Cash or check payable to "East Meets West Lacrosse", in any amount you wish (\$75 max).

Meals

Meals are served in the University's dining hall located next to the dorm. The UCSD Staff has done a great job in providing options for even the most fussy of eaters. Day Campers receive lunch & dinner each full day; resident campers receive breakfast, lunch, and dinner each full day.

****Be sure to have lunch prior to arriving to camp on Friday!**

What To Bring

The following are some items that you'll want to be sure to have on hand. Please inform a staff member if you forgot something of importance so we can attempt to assist you in finding a replacement.

- Lacrosse Gear – including all pads, stick, mouthpiece, cleats, helmet, gloves, etc.
- Extra socks
- Empty water bottle (we'll provide water on the field)
- Plenty of workout gear
- Back up stick
- Light sweatshirt
- Small camera
- Flip-flops and/or sneakers
- Shower Towel
- Small travel clock
- Age appropriate DVD's for Movie Night
- AN OPEN ATTITUDE TO LEARNING NEW THINGS!

What NOT to Bring

The following items should be left at home and can result in being removed from camp without refund.

- Excessive electronic gadgets (game boys, etc.)
- Larger boom boxes
- Sleeping bags (bed linens **ARE** provided)
- **We ask that you turn your cell phones off during camp!**
- Jewelry
- Weapons, lighters, illegal drugs
- Excessive amount of cash
- **A BAD ATTITUDE!**

Medications

If you have daily medications please follow these steps so that we may assist you in keeping on track.

- Type out the dosage instructions (include campers name)
- Place typed instructions and medication bottle in Ziploc bag
- Bring to camp
- Submit to staff member at check-in
- Follow up with staff member to receive daily medication
- Don't forget to take back at check out

Housing

All Campers stay in Stewart Hall part of the Warren College Residence Halls. We are usually the only camp present at that time so please do not allow non-camp related folks into the building. First floor residents should NEVER prop outside doors open. This is for the safety of all of our campers and their belongings. UCSD Employees all wear a uniform and name tag. Never hesitate to inform a staff member if you are in doubt! We are here to keep you safe!

The dorm is set up as mini-suites. Some of the rooms are doubles and others are singles. A lounge area, bathroom, and showers are shared between the suite-mates. It's up to you to keep your suite in solid working order throughout camp. Your room was assigned as requested. If no request was made then we try and group by age. Since assignments are done with the University a month in advance, we don't allow changes!

I hope that this information helped to answer all of your questions. I look forward to seeing you at Camp. Thanks again for choosing East Meets West Lacrosse Camp.

Matt Holman
Owner
East Meets West Lacrosse
www.emwlacrosse.com