

# East Meets West Coed Goalie Camp

## July 24-26, 2010

Welcome to the East Meets West Lacrosse Coed Goalie Camp, July 24-26 held at the campus of UC San Diego. Thank you for your patience in receiving this information. We have a small group, which lends itself to more teaching and a greater benefit to the campers.



Please print a copy for your records. The information is posted on the goalie camp page at [www.emwlacrosse.com](http://www.emwlacrosse.com).

### **Check In and Check Out**

All Campers should plan to arrive between **1:30pm on July 24th**. Once checked in, campers are NOT permitted to leave the camp for any reason unless a typed and signed note (parent or guardian) is presented at check in. We take our responsibility to keep you safe very serious.

**Check out on July 26<sup>th</sup> from 11:00-11:30am** 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 3<sup>rd</sup> Stop Sign and turn Right

Turn Right at next Stop Sign and follow back to end of service road.

Use the turn around 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 meter parking or parking lot on the other side of Warren Residence Halls (do not make last turn into service road; go straight to next stop for more metered parking).

From the circle walk down the walkway to your left and into the quad area. Diagonally across to your right you'll see the check in area next to the volleyball court on the main walkway, next to Stewart Hall.

### **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 Staff has done a great job in providing options for even the most fussy of eaters. Be sure to have eaten lunch prior to arriving at camp! Your first meal is dinner and your last meal is breakfast.

### **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, chest protectors, 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 medications please follow these steps so that we may assist you in keeping track of your doctor's orders.

- Type out the dosage instructions
- 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 do share the dorm with other summer groups so please be mindful of our neighbors! 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.

The dorm is set up as mini-suites, each holding up to eight campers. 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. Rooms (roommates) are assigned as requested or done by general age. With most of the actual rooms being "singles" you most likely will be in the same suite as your roommate request.

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](http://www.emwlacrosse.com)