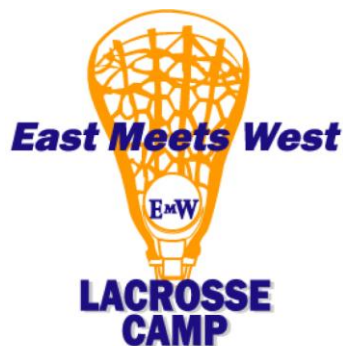


East Meets West Coed Goalie Camp

July 25-26, 2011

Welcome to the East Meets West Lacrosse Coed Goalie Camp, July 25-26 held at the campus of UC San Diego. The goalie group is all set and we anticipate ample repetition for all of you, rest up!



Please print a copy for your records. The information is posted on the goalie camp page at www.emwlacrosse.com.

Check In, 7/25

- Arrive to designated check in location at **1:30pm**
 - No need to arrive early but do be on time.
- No additional signatures or forms are needed to check in.
- Once checked in, campers are NOT permitted to leave the camp group.
- Be sure to bring all of your gear and other suggested items from the list below.
- Our first meal is dinner so we suggest you eat a hearty lunch prior to arrival.

Check Out, 7/26

- Pick up at **Noon**
- We'll meet all rides at the edge of the parking lot to eliminate having to pay for parking.

Directions to UCSD, Sixth College Residence Hall

<http://maps.ucsd.edu/Acrobat/MainCampus.pdf>

- From I-5 exit at La Jolla Village Drive and go West.
- Make the first Right on Villa La Jolla Drive
- After 2nd light pull straight into Gilman Drive Parking Structure – purchase parking
- The Sixth Residence Hall is just to the right of the structure as you pull in

Alternatively, you can pull into Parking Area P406 FOR DROP OFF ONLY

- Make a right at the 2nd light as you come up Villa La Jolla Drive
- Turn left at Stop Sign and left again as you enter P406
- Follow to far end near Gilman Parking Structure
- Drop off here – be sure not to park in spaces as YOU WILL GET TICKETED (\$40)
- **THIS IS THE PICK UP SPOT FOR TUESDAY!**

Camp Store

We operate a small “camp store” offering EMW Apparel, sports drinks, etc. available for purchase between sessions. You can establish a camper store account at check in by depositing cash on behalf of your camper. Purchases are subtracted and any remaining balance is refunded back at the end of camp. Helps to reduce lost funds!

Meals

Meals are served in the University’s dining hall, a short walk from 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, back up stick
- Plenty of extra socks & work out gear
- Empty water bottle (we'll provide water on the field)
- Light sweatshirt
- Flip-flops and/or sneakers for dining hall
- Shower Towel, toiletries
- 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.)
- Large radios/iPod players boom boxes
- Sleeping bags (bed linens ARE provided)
- ***We ask that you turn your cell phones off during camp!***
- Jewelry, expensive items, anything that attracts attention
- 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

Campers & Staff stay in UCSD Residence Halls. Often we share the space with other summer groups so please be mindful and respect the facilities and 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. A small common 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.

I look forward to seeing you at Camp. Thanks again for choosing East Meets West Lacrosse Camp.

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