

Parent Information Packet

Dear Parent(s),

We look forward to working with your son this summer at Camp Crosse. Please read the enclosed material carefully. It contains information that will help ensure everyone's safety and create a more effective learning environment. If you have any questions, please feel free to contact us.

Sincerely,

Kirk Lorie
Director, Camp Crosse

Contact Us:

Prior to camp:
Phone: 415-786-3946
Email: campcrosse@gmail.com

Camp week:
Phone: 415-786-3946
Email: none

Attention:

Boarding Campers:

Check-in time:
Monday, July 6, 2009
8:30-9:30 a.m.
Meals: Lunch, dinner

Check-out time:
Friday, July 10, 2009
12:00 noon
Meals: breakfast

Day Campers:

Check-in time:
Each day:
Mon. – Thurs.: 9:45 a.m.
Friday: 9:45 a.m.

Check-out time:
Each day:
Mon. – Thurs.: 5:30 p.m.
Friday: **12:00 noon**

Medical:

Each camper must return a health history statement fully filled out and signed by a physician. Please give the Camp Crosse health history form to your son's physician and, upon completion, have them send it to us at the address listed on the form. The form must be received by Camp Crosse prior to the first day of camp. **Under no circumstance will any camper be allowed to participate without a completed and signed medical form.** In the unlikely event of an emergency, Stanford Hospital is only three miles from campus.

Clothing and Equipment:

Please carefully review the list below and pack as efficiently as possible. In addition, please label all clothing with your son's name to minimize the number of lost articles.

Required Equipment (lacrosse):

Stick	Gloves	Arm Pads	Shoulder Pads
Helmet	Cleats	Mouthpiece	Athletic supporter/cup

Required Equipment (non-lacrosse):

Sleeping bag	Pillow	Towel	Wash cloth
Personal toiletries:			
Soap	Shampoo	Sunscreen	Toothbrush
Toothpaste	Brush/Comb		

Optional items:

Book(s)	Camera	Alarm clock	
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Suggested clothing:

Underwear	Athletic socks	T-shirts	Shorts
Jeans	Pajamas	Windbreaker	Sweatshirts
Swimsuit	Laundry bag		

Phone Calls:

Campers will not be allowed to use the telephone except on special occasions such as birthdays and anniversaries, or unless special arrangements have been made with the director before the beginning of camp. We are available to talk to parents if there are any questions or concerns.

Behavior:

We do not anticipate any problems with our players during the course of camp, but our experienced staff will outline the rules, guidelines and expectations of Camp Crosse immediately following check-in. **Any camper not capable of abiding by these parameters will be sent home, and no refund will be given.** In addition to teaching our campers the fundamental skills and strategy necessary to become excellent lacrosse players, we are committed to the development of good sportsmanship and citizenship.

Sleeping Arrangements:

All campers will reside in a dormitory on the campus of Menlo College. They will sleep two per room, in sleeping bags, which will be placed on top of beds. Roommate requests will be honored to the best of our ability. Camper to coach ratio will be approximately 8:1, and the coaches will be situated in rooms adjacent to their assigned group so campers will be easily supervised. In the event that we are placed in dorms that require the use of keys, campers will be responsible for one of two keys given to the staff. If a camper loses the key, the cost will be \$25.00 per person in that particular room.

Meals:

Three well-balanced, nutritional meals will be served each day to our boarders, while day campers will receive lunch.

Day Campers:

Check in for day campers will begin promptly at **9:45 a.m.** each morning. Check-in location will be at the entrance to the fields, denoted by specific signs, where an assigned coach will be stationed to meet all day campers.

Absent Campers:

If your son is going to be absent for any reason, please call the camp director by 8:00 a.m.

Refunds:

Cancellations received by May 1, 2009 will result in a refund of fees paid minus a \$100.00 processing fee. Injury or illness prior to camp are also considered valid reasons for refund. There will be no refund of fees on cancellation received after May 1, 2009 or for any player sent home due to disciplinary issues.

Directions to Menlo College:

On our website (www.campcrosse.com)