

### WHAT HAPPENS IF IT RAINS AT CAMP?

At no time will campers be permitted to participate outside in a rainstorm with thunder and lightening. If there is a light drizzle and the conditions are not threatening, campers will participate outside as weather permits.

### WHAT IS THE MEDICAL COVERAGE AT CAMP?

All camps are staffed by certified athletic trainers with physicians "on call" at nearby hospitals.

### IS THEIR SWIMMING AVAILABLE?

There will be designated swimming hours posted dependent upon hotel pool availability.

### IS THERE A CAMP STORE?

The hotel will have a camp store that sells various T-shirts, shorts, sticks, hockey equipment, etc... There will also be access to food and beverages in the evening.

### WHAT KIND OF SHAPE DO I NEED TO BE IN?

While there will be no physical testing of any sort (i.e. running miles, sprints, etc...), campers are encouraged to come to camp in good physical condition. Tired, aching muscles, sore feet, etc. will hinder your participation and the learning process. Start a conditioning program (running and sprinting) at least three weeks prior to camp. Be in shape to participate in all aspects of the program.

### ARE THERE ATTENDANCE REQUIREMENTS?

All campers are required to attend every session. Be on time and be ready to participate in all games, drills, and other activities.

### ARE THERE CONDUCT EXPECTATIONS?

We expect campers to conduct themselves properly at all times –practice sessions, meals, and in the hotel. Poor deportment hinders the learning process for everyone. Our campers are here to learn and have fun. Those who do not wish to comply with the rules will be dismissed from camp. All campers are expected to be in their rooms by 10:00pm. The camp day is VERY STRENUOUS and proper rest is essential.

### Traveling by air

Jacksonville is served by Jacksonville International Airport, which is 20 minutes by car from the JU campus. JIA may be reached at 904-741-4902 or [www.jai.aero](http://www.jai.aero) for direct contact numbers and ground transport information.

### DIRECTIONS TO EVENTS

Crowne Plaza Jacksonville Riverfront  
1201 Riverplace Blvd  
Jacksonville, FL 32207  
904-398-8800

#### *From points north & JAI Airport:*

I-95S: EXIT SAN MARCOS BLVD., # 350B. TURN LEFT AT 2ND LIGHT. TURN RIGHT ON MUSEUM CIRCLE. HOTEL 1/4 MILE ON LEFT.

#### **From Points South to Hotel:**

I-95N: PRUDENTIAL DR. EXIT, #350A. STAY IN THE FAR RIGHT LANE. GO STRAIGHT TO 3RD LIGHT. TURN RIGHT ON RIVERPLACE BLVD. HOTEL ON LEFT.

### **DRIVING TO JACKSONVILLE UNIV.**

**From Hotel:** Take Main Street bridge (Alsop Bridge) North to downtown Jacksonville.

After bridge, stay on Ocean Street North for approximately ½ mile and then turn right onto Union Street.

Go over the Matthews Bridge and exit onto North University Blvd. Jacksonville University will be on the left after approximately 1 mile.

#### **Traveling South on I-95 or from the Airport**

\* Exit I-95 at Route 9A South.  
\* After you cross the St. Johns River, exit at Merrill Road WEST and head west (right). Merrill Road takes you directly into the main campus entrance.

#### **Traveling North on I-95**

\* Exit I-95 at Southside Blvd (Route 115 north)  
  
\* Exit at Merrill Road WEST and head west (left). Merrill Road takes you directly into the main campus entrance.



### **Lacrosse Camp Information Packet**

*Please read pamphlet  
In its entirety!!*

*Included inside are answers  
to the most frequently  
asked questions!!*

### **2009 DATES & SITES**

**JU Men's Winter Camp  
December 18 – 20, 2009**

### **FOR INFORMATION**

MCCSports, Inc.  
2220 CR 210 WEST, SUITE #108  
PMB #301  
SAINT JOHNS, FL 32259

[camps@julacrosse.com](mailto:camps@julacrosse.com)  
904-347-7922 camp office (off site)  
315-521-0542 (on site)

### WHEN/WHERE IS REGISTRATION?

Check In : 5pm, December 18<sup>th</sup>  
Crowne Plaza Jacksonville Riverfront Lobby  
1201 Riverplace Blvd  
Jacksonville, FL 32207

Signs on the hotel grounds will guide you to the check in area.

### WHAT HAPPENS IF I CAN'T MAKE IT TO REGISTRATION ON TIME?

If you know in advance that you'll be arriving at a time other than the registration time, please phone the camp office to let the directors know as soon as possible. If problems exist en route, late campers should call 904-347-7922 for instructions that will allow you to catch up with your fellow campers.

### WHAT SHOULD I BRING TO CAMP?

All campers should bring the following: A fan is allowed but not necessary in air-conditioned hotel; towels for showering; shorts, socks, bathing suit & t-shirts for 3 sessions daily; cleats; indoor surface sneakers (i.e. tennis shoes, cross trainers, basketball shoes ... not running shoes!); alarm clock; **water bottles, stick, full equipment & mouth guards are mandatory!**

Please note that **Goalkeeping equipment is not provided.** Goalkeepers must bring their own equipment to camp. Campers should also bring extra money for the camp store where snacks and various refreshments will be available.

### WHEN/WHERE IS PICK-UP/ DROP-OFF?

FOR NON-DRIVING COMMUTERS: Campers must be dropped off at the hotel 30 minutes prior to the start of the 1<sup>st</sup> session each day. Campers may be picked up at the fields in the evening.

### CAN I DRIVE TO CAMP?

While the director does not encourage campers driving on their own, campers are permitted to drive themselves. There will be a designated parking lot and you **may have to pay for a parking pass.** Car keys will be collected prior to the 1<sup>st</sup> session and may be picked up at the camp store following the last session each evening at camp. Commuters may not leave camp during the day at any time.

### WHAT TRANSPORTATION SERVICES ARE AVAILABLE?

It is the camp policy to provide **no transportation** (i.e. pick-up/drop-off) services for campers. All sites are easily accessible via buses, airports & taxis. Following check in, all campers will be transported to the university campus for practices.

### WHEN IS THE FIRST/LAST MEAL?

**On the first day of camp, dinner is the first meal served and on the last day, breakfast is the last meal served.**

### CAN I ARRIVE EARLIER THAN THE REGISTRATION TIME?

It is the camp policy to assume no liability for campers arriving prior to registration. It is also the camp policy not to allow campers to arrive on the night prior to camp beginning.

### WHO WILL BE MY ROOMMATE?

To the best of our ability, we will room campers with their requested roommate.

### WHAT IS YOUR REFUND POLICY?

**NO REFUNDS.** You must find a player to replace you, who in turn can pay you the amount you submitted. Replacements will then be responsible for paying any final balances. Note that all registrations carry a non-refundable \$250.00 deposit and that no refunds are issued for those unable to attend 10 days prior to camp beginning.

### WHAT HAPPENS IF I CANNOT ATTEND CAMP?

Given the camp policy to not extend refunds, we do allow campers to find "replacements" for their spot in camp. If circumstances arise that do not permit you to attend camp, please find a replacement camper for your spot. Any questions, please call the camp office.

### WHAT ARE YOUR METHODS OF PAYMENT?

Register online at [www.julacrosse.com](http://www.julacrosse.com) . Personal checks will be accepted until December 10, 2009 (or until the camp is full). While balances due may be paid at the time of check-in, personal checks will not be accepted. **Any payment made at the time of check-in must be in the form of cash, certified check, or money/postal order ONLY.**

### WHEN IS THE "BALANCE DUE" DEADLINE?

Balances due may be paid at the time of check-in. However, please be advised that balances paid on the day of check-in must be by cash, certified check, or money order. **To pay your balance due with a personal check, all checks must be received prior to December 10, 2009.** It is *strongly recommended* that balances be paid prior to December 10<sup>th</sup>.

### RETURNED CHECKS?

For each returned check, there is a \$25 processing fee.

### DO I NEED A PHYSICAL?

All campers must have a physical completed prior to camp. Campers will receive a health/physical form in their confirmation. **If you registered online, please download a health form at:**

[www.julacrosse.com](http://www.julacrosse.com).

**Please have your doctor fill out and sign the health/physical form. All campers must have a signed and completed health/physical form prior to participation.** Health/physical forms may be mailed directly to the camp office **prior to December 10, 2009.**

**After December 10, 2009 please hand carry the health/physical form to registration.** It is the policy of MCCSports, Inc. to **only accept** the Health Form (with a doctor's signature) provided by the camp office.

### DO I NEED HEALTH INSURANCE?

All campers are required to have health insurance for their participation in camp. If health insurance is not available, please phone the camp office immediately upon receiving confirmation of enrollment.

### HOW DO I REACH MY SON IN THE EVENT OF AN EMERGENCY?

Please call the camp membership office at 904-347-7922 at any time during camp.

### WHAT IS THE DEADLINE FOR MAILING IN ANY CAMP MATERIAL?

Please do not mail any camp material (i.e. application, health form, balance due) to the camp post office box **after December 10, 2009!!**