

CAPE COD SEA CAMPS OVERNIGHT TEAM CAMP

Athletes from the 2021-2027 teams will meet at Cape Cod Sea Camps for an overnight adventure of lacrosse, team building, and fun! Athletes stay in cabins, we have bonfires, eat smores, play games, have intense practices, and get to know one another. This has been critical our summer success and transitioning the girls back to the club after her spring seasons.

Athletes from the 2028/2029 team will join Saturday morning.

Directions

CCSC is located on Rt. 6A with over 65 acres of land right on beautiful Cape Cod Bay.
3057 Main St, Brewster, MA 02631

U11 Athletes:

U11 athletes will participate Saturday only.

Parking and Check-in

Once at the camp, follow the parking signs. Then proceed to the Pavilion for check-in. Athletes will receive cabin assignments then.

Food Restrictions and Allergies

If your athlete has any food restrictions or allergies, please let Aces know. You can email andrea@kingslax.com. You will also need to repeat and affirm said restriction at check-in. Kitchen staff will be available during meals to answer to questions. Chefs are prepared to make to meet the needs of allergies, gluten free, vegetarians, etc.

Medications

We will have a nurse on staff. If your athlete has medications that need to be dispensed, please let us know. We can safely store the medications with the nurse, and have the athlete get medications at the appropriate time. Athletes should keep inhalers and Epipens with them at all times.

On Saturday, families are welcome to arrive early to watch the afternoon scrimmages.

What to Bring

OVERNIGHT BAG:

Each camper should bring **ONE** overnight bag (in addition to your equipment bag). The overnight bag could include the following:

- Toiletries for washing, shower, teeth, hair ties, feminine products, and the like
- Pajamas or clothes to sleep in
- 3 sets of playing shorts, socks, t-shirt, sports bras and underwear
- Extra underwear, bras and socks
- Practice pinney
- Sweatshirt and sweatpants
- Sneakers
- Flip flops
- Hat/Sunglasses
- Bathing suit (Sun Bathing only)
- Towel
- Sunscreen (camper responsible to apply)
- Bug Spray (camper responsible to apply)
- Raincoat (we play in the rain)
- Swim Shoes (optional)
- Whatever else you want to bring that can fit in one bag that your athlete can easily carry.

Keep in mind, at the discretion of our staff, any inappropriate possessions can and will be confiscated and discarded and/or returned to adults at the end of your stay.

Coaches are not permitted to disburse advil, tylenol, etc. to players.
Cell Phone use will be limited, and players are encouraged not to bring electronic devices. ACES is not responsible for lost or stolen items.

EQUIPMENT BAG:

- Stick
- Goggles
- Cleats (grass fields)
- Sneakers
- Mouthguard
- Practices Pinneys
- WATER BOTTLE
- Other optional equipment (Gloves, helmet, etc.)

BEDDING: Ideally these items could fit into your athlete's bag
Each bed has a fitted bottom sheet and a pillow.

- Blanket or sleeping bag
- Favorite sleeping item

Aces Lacrosse, and its parent company, Kings Lacrosse, is not responsible for any lost or stolen items. All campers are responsible to care for their possessions. With that said, please don't bring valuables. If the athlete brings a valuable item, the care for the items you do bring (such as phones, tablets, computers, electronics, etc.) are the sole responsibility of the athlete. We encourage athletes to focus on team bonding and request electronic devices be left at home.

We look forward to kicking-off the summer at Team Camp and having a blast. Everyone must realize that inappropriate behavior of any kind will not be tolerated. Alcohol, drugs, and tobacco products, including vapors, are not permitted. Please know if the situation is severe enough, including but not limiting to placing at risk herself, another athlete, or a coach, Aces Lacrosse reserves the right to remove any player from camp and/or the club without refund.

The Aces Director(s) will have a cell phone during camp, but may not be easily accessible. If there is an emergency, Andrea McKnight be reached at 617-851-5697. Cape Cod Sea Camps can be reached at 508.896.3451. Athletes will have outlets in the cabin to charge phones, but they will be encouraged not to carry phones around camp. We want players to be present and actively engaged.