



SAN DIEGO STATE WOMEN'S LACROSSE SUMMER CAMP 2011

FAQ'S

- 1. How and when do I submit my medical waiver and liability release?**

You can access the medical waiver and liability release forms on your Active Registration site or in your confirmation email. Once you've printed and completed the forms there are two options: bring them with you to camp or scan the completed forms and email them to us at w lax@mail.sdsu.edu. The camper may not participate until those forms are received by camp staff.
- 2. How do I request a roommate for the overnight option?**

There is a roommate request field during the registration process. Simply list your preferred roommate's name and make sure they also request you. Only mutual roommate requests will be fulfilled.
- 3. What time is check in and check out?**

Check-In: June 13, 2011
Noon-2pm
Check-Out: June 16, 2011
11:30 am
- 4. What does the typical day look like?**

Typical Daily Schedule:
7:30-8:30am Breakfast
9:00-11:30am Morning Session
12:00-1:30pm Lunch and pool
- 5. Will staff walk the girls to the field and stay with them girls in the dorm?**

The ratio of campers to coach in the dorm is around 8:1. There will be coaches staying in rooms on each floor and in each hallway of the dorm every night. The camp staff will walk all the campers to and from the field for each session.
- 6. What happens if my child is injured or sick during camp?**

Qualified trainers will be on duty for the duration of all camps to care for minor injuries and illness. Parents or guardians will be contacted immediately if there is a serious injury or a child needs to leave camp early for a medical reason. Please make a notation on the health form if there are any medical conditions we should be aware of in advance. Our athletic trainer will be available for questions on the first day of each camp and throughout the week.
- 7. What should I bring to camp?**

All campers must bring their own sticks, goggles, mouth guards and goalie equipment. Please bring Footwear appropriate for both grass and turf playing surfaces.
- 8. What should I bring if I'm staying overnight?**

Resident campers— linens (twin bed) or sleeping bag, pillow, personal toiletries including soap and shampoo, towel, shoes and lots of socks , snacks for between meals, any medications you will need, plenty of T-shirts/shorts or spandex , sweatshirt/pants, flip flops, extra shoes if desired, bathing suit, towel(s), Some extra spending money. MOST Important to bring your medical/liability release form.
- 9. What should I bring to camp if I'll be a commuter?**

Bring your own sticks, goggles, mouth guards and goalie equipment. Footwear appropriate for both grass and turf playing. Footwear for inside the dorms- flip flops or running shoes. Bathing suit and towel if you want swim. medical/liability release form on the first day. Lunch and dinner will be provided.

10. **What times should I book my tickets for getting in on the 13th and leaving on the 16th?** Please try as hard as you can to get tickets that have arrival times between 9am and 12:30pm on June 13th.
Camp will end at noon on Thursday June 16th so please book departure flights for after 2:30pm to allow for checkout, and travel time.
11. **If there is an emergency and I need to get a hold of my daughter, who will I call?**
For emergencies only, please contact Kylee White 443-799-5011
12. **Where do the campers sleep?**
The overnight campers will be staying in University Towers – Located on Montezuma Road
13. **Do I bring my own sheets?**
Yes. You will need to bring sheets, blanket, a pillow and towels.
14. **What do campers do after the night session?**
Each night there will be a different fun events taking place. The girls will have the option to hang out in the dorm with friends, watch movies, take part in a question and answer session with college players, a college talk with players and coaches and on the last night show their off the field skills in the annual San Diego State lacrosse camp talent show!
15. **If I'm commuting to and from camp each day where should I be dropped off?**
In front of University Towers-- Located on Montezuma Rd.
16. **My daughter is a goalie, will there be coaches for her specialized position?**
Yes, specialized goalie training will be conducted during each camp by our excellent goalkeeping staff.
17. **How do I get to and from the airport if I'm flying in for camp?**
Ground transportation such as airport shuttles and taxis are great cost effective ways to get to campus. We recommended pairing up with a friend to share cab/shuttle fare. For shuttle services information visit <http://www.san.org/sdia/transportation/default.aspx>

****Please email your flight itinerary to w lax@mail.sdsu.edu****
18. **Where do I check in for camp?**
University Towers, 5505 Montezuma Road San Diego, CA 92115
19. **How will I be evaluated at camp?**
Players will be grouped by level of experience and will receive an individual evaluation at the end of camp from their coach.
20. **What is the refund policy?**
If you must cancel, please do so as early as possible so that we can notify those on the waiting list! If you cancel and do so prior to June 1, 2011, you will be charged a \$200.00 administrative fee. If you cancel after June 1, 2011, and before June 13, 2011, there will be a \$275 administrative fee. No refunds will be issued for any reason once the camp session has commenced!!
21. **Whats included in camp?**
STX water bottle, reversible, lanyard, & Bumper Sticker