

# PLAYER'S CHOICE LACROSSE – 2011 CAMP INFO PACKET

**Please read over the following information carefully.** Remit any remaining balances on time and provide us with any important travel or medical information as soon as possible. Please pay special attention to the information regarding the Health and Immunization Record and the Medical/Insurance Form, You must provide us with this information in order for you to play!

## **Medical/Insurance Form and Immunization Record**

Due to state law, in addition to the attached Medical/Insurance Form, each player attending camp must also submit to Player's Choice a copy of their immunization record. This is a standard record that your family doctor can easily provide you with. It must include a record of immunizations and dates. Please note that this is required in addition to the attached Medical/Insurance Form. You must submit both to us prior to the beginning of camp. You can mail it to us or bring it with you to check-in. Players who fail to provide us with this information will not be allowed to participate in the camp. Please notify us of any dietary or medical concerns ASAP.

## **What To Bring**

The *What To Bring List* is a general list of what a player should bring to ensure a successful session of camp. Please note that major appliances, including refrigerators of any sort, and any vehicle-type items are not allowed. Please call with any questions.

## **Keys**

**Dormitory rooms all have key operated locks and all campers will be required to leave a \$25 cash key deposit at registration. The deposit will be returned at checkout when you turn your key back in. If you lose your key you forfeit your deposit and will have to provide an additional \$25 for a new key.**

## **Email & Phone Contact**

The best way to reach us prior to the camp for questions and concerns is through email at **pclax77@earthlink.net**. You can also access our email address through our website at **www.pclax.com**. You can call us toll-free at **1-800-224-5785**, which is forwarded to our camp cell phone while camp is in session. We will also have access to our email while the camp is in session.

## **Directions**

Directions from all major routes are provided. Those players arriving by plane, train, ferry, or bus should contact us with their travel plans ASAP. **Those players driving themselves will not be permitted the use of their vehicles while the camp is in session. Keys will be collected at check-in and will be returned at checkout.**

## Camp Bank

The *Camp Bank* exists so that players will not have to keep large sums of money in their rooms or on their person. Money can be deposited into our camp bank and can be withdrawn as needed through our camp store. Items at the camp store can also be charged to a player's account. Any remaining balance will be returned at checkout. To open an account, simply make a cash deposit at our camp store during check-in. **Please note: checks are not accepted at check-in for Camp Bank deposits.** We strongly recommend the camp bank be used to safeguard your money while the camp is in session.

## Registration & Check-out

There will be signs on campus directing you to registration. Registration times are as follows:

### Girl's Camps:

- Check-in for the **Player's Choice Girl's Full-Field Team & Skills Lacrosse Camp** and the **Player's Choice Girl's One-On-One Goalie Camp** is from 1:00-4:00 PM on July 17. Checkout is following the morning session on July 21 at 11:45 AM.
- Check-in for all **Player's Choice Girl's Elite Lacrosse Camps** is from 2:30-4:30 PM on July 21. Checkout is following the morning session on July 24 at 11:45 AM.
- Check-in for all **Player's Choice Girl's Extreme Camps** is from 1:00-4:00 PM on August 4. Checkout is following the morning session on August 7 at 11:45 AM.

### Boy's Camps:

- Check-in for all **Player's Choice Pro Lacrosse Camps** is from 1:00-4:00 PM on July 25. Checkout is following the morning session on July 28 at 11:45 AM.
- Check-in for the **Player's Choice Video Goalie Camp, Player's Choice Transition & One-On-One Defense Camp, and the Dodging & Shooting Camp** is from 2:30-4:30 PM on July 28. Checkout is following the morning session on July 31 at 11:45 AM.
- Check-in for all **Player's Choice Boy's Extreme Lacrosse Camps** is from 1:30-4:30 PM on July 31. Checkout is following the morning session on Aug 3 at 11:45 AM.
- Check-in for the **Player's Choice Boy's Full-Field Team & Skills Camp, Full-Field Goalie Camp, Power Shooting & Strength Camp, and Run & Gun Middie Camp** is from 2:30-4:30 PM on Aug 3. Checkout is following the morning session on Aug 6 at 11:45 AM.

## **Day Campers**

Day Campers should register during the last hour of registration of the camp they are attending and should come ready to play. (See check-in times above.) Day campers should arrive to the fields each morning by 8:50 AM, and should plan on leaving after the evening session, at about 8:30 PM. Day camper checkout is after the last session on the last day of each camp. Day campers will receive lunch and dinner on all but the last day of each camp. Day campers can store their belongings in the camp store during the day and will have access to our TV lounge and swimming pool between sessions.

## **Roommate Requests**

If you have a roommate request, call or email us and let us know prior to July 1. Rooms are doubles and triples (no singles). We will try to locate teammates or groups of friends attending together near each other. Make sure that whomever you are requesting as a roommate also requests you (or doesn't request someone else) so that there is no confusion during check-in. There is no need to call us if you have already informed us of your roommate request.

The dorm is divided by age and we room players coming by themselves with other players coming by themselves. Everyone has a roommate.

## **The Camp Store**

The *Player's Choice Camp Store* will be open while the camp is in session and will have lacrosse equipment and clothing, as well as snacks, including pizza at night, and drinks for sale. The official camp T-shirt, as well as a full line of *Player's Choice Soft Wear*, will be available. The camp bank will operate through the camp store and players will be able to charge items to their account.

## **Equipment**

A reminder, players need their own equipment! (See the What To Bring List.) Sweatshirts, compression tees, and water bottles will be distributed during check-in.

## **Balls**

Do not bring yellow lacrosse balls to camp! We will be using yellow balls at all the camps, and all yellow balls will be presumed to belong to Player's Choice. **AGAIN, DO NOT BRING YELLOW LACROSSE BALLS TO ANY OF THE CAMPS!!!**

## **Visitors**

With the exception of immediate family members coming to watch games, outside visitors are not permitted on campus while the camp is in session. Players are not allowed off campus while the camp is in session, unless they are with a parent or guardian and first obtain permission in person from the director.

## **Rules of Conduct**

Please pay special attention to the *Camp Rules of Conduct* listed below. These are the major rules of the camp that need to be followed completely in order for the camp to run smoothly, and for the experience at Player's Choice to be as positive and as successful as possible. This is mostly common sense stuff and you should know that we consider the breaking of these rules a serious matter and that we will react quickly and severely to those who do anything to jeopardize the safety of themselves or others, including expulsion and possible criminal prosecution. **Player's Choice is a serious camp designed for serious players who are serious about lacrosse.**

**Smoking; the drinking or possession of alcoholic beverages; the possession, sale, or use of narcotics; the possession or use of firearms or weapons of any sort; the possession or use of fireworks; the possession or distribution of pornography of any kind; the tampering or destruction of any fire prevention equipment; vandalism of any kind; stealing; bullying; fighting; gambling; or any activity lawful or unlawful which might endanger yourself or others, and which may affect the orderly running of the camp will be cause for immediate dismissal and possible criminal prosecution. The tampering of any fire equipment, including fire extinguishers, will result in immediate dismissal and possible criminal prosecution.**

**Player's Choice reserves the right to inspect any room or any bag at any time while the camp is in session in an effort to maintain the integrity and safety of the camp and its campers. Do not bring anything with you that you shouldn't have at camp!**

## **What Not To Bring**

Skateboards, scooters, bicycles, rollerblades, roller-skates, Razers, and any other vehicle type items are prohibited. Also, major appliances such as refrigerators and microwaves are also not allowed. Try not to overdo it. Call us with any questions.

## **Linen & Pillow**

**Players will need to provide their own pillow and bed linen. Beds are twin-size.**

## **Shoes**

You should be prepared to play on grass and artificial turf (cleats and turf shoes or sneakers). Please break in new shoes prior to arriving at camp. This will prevent you from getting blisters.

## **Protective Goggles**

Protective eyewear is required at all of the girl's camps.

## **Extra Night Stays**

Players needing to spend an extra night due to travel concerns may be accommodated for an additional fee of \$75. **There are no extra night stays on the evening of August 12.**

## Facilities

Campers and coaches will all be housed in the same dorm. There is staff on every floor. The dorms are air-conditioned and rooms are doubles and triples (no singles). **Beds are twin style, and as already stated, linen and pillows are not provided.** There is a laundry facility on the first floor of every dorm.

## Off Campus Lodging

There is an attached list of hotels and motels near UMass Dartmouth for family looking for off campus lodging while the camp is in session.

## Phones

There are no telephones in the rooms but there are pay phones available on campus. Cell phones are allowed.

## Airport Pickup

Those players flying in for the camp will be met at the **baggage claim** of the airline they are flying in on. A Player's Choice representative will meet you there.

There will be an extra charge of \$25 each way for picking up and dropping off designated unaccompanied minors.

## Camp Address

Player's Choice Lacrosse Camp, University of Massachusetts at Dartmouth, 285 Old Westport Rd., North Dartmouth, MA 02747.

## Final Checklist

- Obtain an Immunization record from your family doctor and fill out the attached Medical/Insurance Form and either mail both to us, or bring with you on the first day of camp. **Remember, you cannot play without submitting both of these forms to us first!**
- Call us with any travel plans, medical or dietary concerns, roommate requests, position changes, or changes of any kind ASAP.
- Remit any final payments to us prior to the deadline. You can pay your balance online at [www.pclax.com](http://www.pclax.com).
- Make sure that you have all your equipment and that it is in order.

We look forward to coaching you this summer!

**Questions: 1-800-224-5785; 508-831-1200**  
**[www.PCLAX.com](http://www.PCLAX.com); email: [pclax77@earthlink.net](mailto:pclax77@earthlink.net)**

## A Special Note About Cancellations

All deposits are non-refundable (\$175 for the first camp and \$75 for each additional camp.) Any remaining payments are refundable up until June 30, 2011 if cancellation is

due to a health related emergency and a note from a medical doctor is provided. This DOES NOT include the deposit amounts, which as already stated, are never refundable. There are no refunds after June 30, 2011. We will allow the transfer of the tuition to another player, so that if for some reason a player who is already registered cannot attend camp, we will allow another player (family member, friend, or teammate) to take his or her place. Our cancellation policy reflects the nature of running a camp like Player's Choice and the very real costs associated with it. Many of our costs deal with estimates and guarantees (insurance, beds, meals, etc.) and at a certain point we are locked into those costs. Also, our staff is organized well in advance of the camp and if we have four or five cancellations, we don't then fire a staff member. Furthermore, the Player's Choice Lacrosse Camps all happen later in the summer so we are somewhat at the mercy of what happens to all of our players earlier in the summer. We understand that things happen and that people get hurt and we try and work with players and their situations whenever we can but at a certain point we are locked into the financial realities of running a seasonal business and our options become very limited. We hope this makes sense to everyone concerned and we are grateful for your understanding and patience.

# Player's Choice Lacrosse Camps *What To Bring List*

Following is a general idea of what you'll need at camp. Try not to overdo it. Please pay special attention to bed linen. as it is not provided.

## **Clothing:**

2-3 lacrosse shorts

6-8 pr. athletic socks

3-4 T-shirts, 1 long-sleeved T-shirt

1 windbreaker or light pullover

1 sweatpants or wind-pants (we will play in the rain)

1 swimsuit

1-2 bath towels, 1 beach towel

1 pr. sneakers, 1 pr. cleats (break in new shoes prior to camp!!!!)

1 pr. sandals or sneakers for off-field use (especially if it rains)

(BOYS) 1-2 athletic supporter(s) and protector (cup), and/or support shorts

## **Personal Items:**

Toiletries (soap, shampoo, deodorant, toothbrush, toothpaste, etc...)

Sunscreen, mosquito repellent, Gold Bond powder (boys)

## **Lacrosse Equipment:**

- BOYS – stick(s), helmet, gloves, arm pads, shoulder pads, athletic tape, **mouth-guard!!!**
- GIRLS – stick(s), **goggles**, any additional protective wear, **mouth-guard!!!**
- GOALIES – helmet, gloves, chest protector, throat guard, any other gender specific protection
- OPTIONAL – Equipment bag to keep all your stuff together

## **Special:**

- Twin-size bed linen (2 sheets, pillow case, blanket)
- **pillow**
- **alarm clock!!!**
- spending money (at least \$60-75 is recommended for a single camp; more if you wish to purchase clothing or equipment)

## **Important Notes:**

**Heavy appliances of any kind, such as air-conditioners, refrigerators, microwaves, and hot plates are not allowed.**

Skateboards, scooters, bicycles, rollerblades, roller-skates, Razers, and any other vehicle type items are prohibited. Leave these at home!

Our dorm is air-conditioned, so fans are not needed.

## **The University of Massachusetts at Dartmouth**

The University of Massachusetts at Dartmouth is located in Dartmouth, Massachusetts, just south of New Bedford on the coast between Providence, RI and Cape Cod, MA. UMass Dartmouth is just 25-minutes from Providence, 1-hour from Boston, and three-hours from New York City.

**From New York City and points south:** Take I-95 north to I-195 east in Providence. Take I-195 east into Massachusetts and through Fall River to Exit 12. Take a right off of Exit 12 onto Faunce Corner Rd. Keep going south traveling across Rt. 6 onto Old Westport Rd. At fork, bear right, staying on Old Westport Rd. Campus is one mile on the left.

**From Boston and points north:** Take Rt. 128/93 to Rt. 24 south. Follow Rt. 24 south to Exit 12. Take Rt. 140 south to Exit 2, I-195 west. Follow I-195 to exit 12-A. Take a right off of Exit 12 onto Faunce Corner Rd. Keep going south traveling across Rt. 6 onto Old Westport Rd. At fork, bear right, staying on Old Westport Rd. Campus is one mile on the left.

**From Worcester:** Take Rt. 146 south to Providence. In Providence take I-195 east. Take I-195 east into Massachusetts and through Fall River to Exit 12. Take a right off of Exit 12 onto Faunce Corner Rd. Keep going south traveling across Rt. 6 onto Old Westport Rd. At fork, bear right, staying on Old Westport Rd. Campus is one mile on the left.

**From the West:** Take I-90 (the Mass Pike) east. Follow to I-495 south. Take I-495 to Rt. 24 south. Follow to Exit 12. Take Rt. 140 south to Exit 2, I-195 west. Follow I-195 to exit 12-A. Take a right off of Exit 12 onto Faunce Corner Rd. Keep going south traveling across Rt. 6 onto Old Westport Rd. At fork, bear right, staying on Old Westport Rd. Campus is one mile on the left.

### **UMass Dartmouth Area Lodging**

Days Inn New Bedford: 500 Hathaway Rd, New Bedford, MA 02740 (508-997-1231)

Comfort Inn: 171 Faunce Corner Rd, N Dartmouth, MA 02747 (508-996-0800)

Hampton Inn New Bedford: 1 Hampton Way, Fairhaven, MA 02719 (508-990-8500)

Hampton Inn: 53 Old Bedford Rd, Westport, MA 02790 (508-675-8500)

Best Western Dartmouth Inn: 741 State Rd, N Dartmouth, MA 02747 (508-717-0424)

Residence Inn: 181 Faunce Corner Rd, N Dartmouth, MA 02747 (508-984-5858)

# Player's Choice Lacrosse Medical/Insurance Form - 2011

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

Town/City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel. \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_ MALE FEMALE (circle one)

Person to contact in case of emergency: \_\_\_\_\_

Relation to player: \_\_\_\_\_

Day Tel: \_\_\_\_\_ Eve Tel: \_\_\_\_\_ Cell \_\_\_\_\_

Name of family physician: \_\_\_\_\_

Physician's Tel: \_\_\_\_\_

Health Insurance Provider: \_\_\_\_\_

Policy #: \_\_\_\_\_

Are there any medical problems we should be aware of? YES NO (circle one)

Describe any such medical problems, recent accidents, or surgery we should be aware of:

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List any allergies: \_\_\_\_\_

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List any medication taken regularly: \_\_\_\_\_

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*Please read and sign the other side of this form.*

By signing this form I assure that all information is accurate to the best of my knowledge. I also give my permission for the player listed above to participate fully in the Player's Choice Lacrosse Camp(s) being held at the University of Massachusetts at Dartmouth in North Dartmouth, MA in July and August, 2011, and I realize that there are certain risks inherent to a contact sport such as lacrosse and that physical injury, minor, severe, or in extreme instances, even fatal, during play is a possibility. I release from liability Player's Choice Lacrosse and its personnel for any injury to the player listed above which results from participation in the Player's Choice Lacrosse Camp(s). I also give Player's Choice Lacrosse and its directors, officers, coaches, trainers, and employees permission to obtain first-aid and medical treatment, including surgical care, to protect the life and health of the player listed above, and give Player's Choice Lacrosse permission to release information to facilitate the medical or surgical care of the player named above, or as is necessary for the completion of a claim of health insurance.

Signature (parent or guardian) \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Relation to the player named above \_\_\_\_\_

If you're going to be away on vacation while the camp is in session, please tell us where you will be and provide us with any necessary phone numbers and/or addresses:

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*The University of Massachusetts at Dartmouth is not responsible for the operation of summer camps.*

**Player's Choice Lacrosse, PO Box 200, Northborough, MA 01532  
Tel: 1-800-224-5785; 508-831-1200; www.pclax.com**