**RADFORD ELITE LACROSSE**

**CAMP SCHEDULE**

**TUESDAY, JULY 23rd**

**CHECK-IN – 12:00PM-2:00PM**

2:00PM – MEET OUTSIDE FOR CAMP INTROUDCTIONS

3:00PM- 4:15 – THURSDAY AFTERNOON SESSION

5:00PM – DINNER

6:00PM – 8:00PM THURSDAY EVENING SESSION (COMPETITION/TOURNAMENT GAMES)

10:00PM BED CHECK/LIGHTS OUT

**WEDNESDAY, JULY 24TH**

7:15AM -- WAKE UP CALL

7:30AM – “BREAKFAST IN BED” Campers will be provided bagels, fruit, etc. in dorms

8:30AM – MINI SESSION WITH COACH KATE MASON, STRENGTH & CONDITIONING COACH

9:30AM-- 11:00AM – FRIDAY MORNING SESSION

11:30AM – LUNCH

1:00PM – CAMPUS TOUR: MEET OUTSIDE DORMS

2:00PM-- 4:00PM – FRIDAY AFTERNOON SESSION

5:00PM – DINNER

6:00PM – 8:00PM – FRIDAY EVENING SESSION (COMPETITION/TOURNAMENT GAMES)

10:00PM BED CHECK/LIGHTS OUT

**THURSDAY, JULY 25TH**

7:30AM -- WAKE UP CALL

7:45AM – “BREAKFAST IN BED” Campers will be provided bagels, fruit, etc. in dorms

9:00AM – MINI SESSION WITH COACH KATE MASON, STRENGTH & CONDITIONING COACH

9:45AM- 11:00AM –KING OF THE HILL TOURNAMENT

11:15AM CAMP AWARDS

**CHECK-OUT – 12:00PM**

***THINGS TO KNOW FOR CAMP:***

* **ALL CAMPERS(DAY & NIGHT)** MUST CHECK-IN TO CAMP BETWEEN 12:00PM-2:00PM ON TUESDAY AND CHECK-OUT 12:00PM-2:00PM ON THURSDAY AT DORM (TBD)
* **NIGHT CAMPERS** WILL BE STAYING IN DORM (TBD0, PLEASE SEE ATTACHED CAMPUS MAP
  + DORMS ARE AIR CONDITIONED!
  + CAMPERS WILL HAVE THEIR OWN BATHROOM IN THEIR ROOM
* SESSIONS WILL BE HELD ON THE RIVER FIELDS ON THE OPPOSITE SIDE OF THE DEDMON CENTER BY THE SOFTBALL/BASEBALL FIELDS.
  + PARENTS ARE ALLOWED TO PARK IN LOT Z (SEE MAP) TO WATCH CAMP SESSIONS
  + DEDMON CENTER, 101 UNIVERSITY DRIVE RADFORD ,VA
* **DAY CAMPERS**, SIGN IN & OUT EACH DAY WITH COACH HEAPSAT THE FIELDS BESIDE LOT Z
  + We will only be providing LUNCH & DINNER for Day Campers so be sure you eat breakfast BEFORE coming to camp Friday and Saturday morning.

\*\*We will be having bagels, fruit and peanut butter for ***breakfast on Wednesday and Thursday morning***. Please let us know us any **FOOD ALLERGIES** you may have!

***AIRPORT SHUTTLE:***

* CAMPERS FLYING INTO ROANOAKE AIRPORT MUST **EMAIL ME YOUR ARRIVAL & DEPARTURE TIME FOR SHUTTLES**
* \*\*YOU WILL BE GETTING AN EMAIL THE DAY BEFORE CAMP ABOUT THE TIME SOMEONE FROM THE CAMP STAFF WILL PICK YOU UP
* **CAMP STAFF WILL BE IN NEON TANK** WAITING OUTSIDE INFRONT OF THE AIRPORT

***CAMP CHECKLIST:***

* STICK, GOGGLES, MOUTHGAURD, CLEATS, SNEAKERS AND ANY OTHER EQUIPMENT REQUIRED TO PLAY
* **PARENT RELEASE FORM**
* **REFILLLABLE WATER BOTTLE (THERE WILL BE WATER AT THE FIELD)**
* ATHLETIC CLOTHES, AT LEAST ENOUGH FOR 6 SESSIONS (YOU WILL BE GIVEN A PINNIE AT CHECK-IN THAT MUST BE WORN TO EVERY SESSION)
* SUNSCREEN
* TOILETTRIES
* BATH TOWEL
* EXTRA LONG SHEETS , PILLOW, BLANKETS
* SNACKS, WATER, ETC FOR DORM