

LOCK HAVEN UNIVERSITY FIELD HOCKEY



2016 SUMMER CAMPS

2016 **Camper** **Packet**

July 31 – August 3, 2016

WELCOME

This packet contains all the information you will need for attending the 2016 Lock Haven University Summer Field Hockey Camp at Lock Haven University. We have included information in this packet that will be helpful to you and your family during your visit with us. Please feel free to contact our office if you have any further questions not addressed.

It's also important that you report to camp in good physical condition and mentally ready to make the most of your camp experience. While here, you'll be a part of a team...the entire staff will be working together for your benefit.

We look forward to having you as our guest this summer. Please let us know if there is anything you need.

CHECK LIST OF ITEMS TO BRING

1. **Items for your room** - A light blanket, sheets, pillow and pillow case. It is also recommended that you bring an alarm clock for your room. Dorm rooms are air conditioned.
2. **Personal items** - such as a toothbrush, comb, towels, wash cloth, soap, casual clothes, and light jacket
3. **Field hockey practice clothing** - Be sure to bring several changes of practice clothing. In addition, bring appropriate activity clothes including a bathing suit.
4. **Sunscreen** - Please remember this, you will be in the sun most of the day.
5. **Medical supplies** - Each camper needs to bring his or her own medical supplies. Our training staff will assist you in all medical needs. In addition, campers requiring any medication should bring that to registration. Our training staff will discuss all medical concerns with you at that time.
6. **Medical History & Photo Release Form** - (accompanying this packet) If you have not mailed your forms to us, please bring it with you to registration. **It's very important that this be completed and signed by a parent or guardian.**

Lock Haven University or its camps staffs are not responsible for any expenses due to loss or damage to personal property. The University urges campers not to bring valuables to camp.

There are coin-operated washing machines and dryers in the residence halls. Campers who wish to do their laundry must bring their own detergent.

REGISTRATION AND CHECK OUT

CAMP	REGISTRATION	CHECK-OUT
Field Hockey Camp	Sunday, July 31, 11 AM - 2 PM	Wednesday, August 3, 11 AM - 12 PM

Registration will take place in the Fairview Suites located on the campus of the University.

Check out will take place in Fairview Suites. All campers must be checked out of their rooms and return their key by 12:00 PM. Please make transportation arrangements accordingly.

CAR POLICY

Any student camper who is planning to drive his or her own car to camp must register that vehicle and turn in all keys to the camp director at registration. Student campers who are caught driving their own vehicle on or off campus will place themselves in jeopardy of being dismissed from camp without a refund. Parking areas will be designated at orientation.

HEALTH SERVICES

Routine health care is provided by our sports medicine staff which includes certified trainers and student trainers in the Health Science program at the University. In addition to this full-time staff, a medical staff is on duty at the university's infirmary during normal business hours, Monday through Friday.

All campers (students and adults) should fill out the Medical Form that accompanies this packet. Each student needs to have a parent and/or guardian complete and sign this form. You do not need to be seen by a medical doctor to have this form filled out. Medical Information Forms must be sent back to our office so that we receive them no later than three weeks prior to the start date of your camp. If you cannot get the Medical Information Form to us by that date, **BRING IT WITH YOU TO REGISTRATION**, and please make sure that it is signed by a parent or guardian. No camper will be allowed to participate in camp without a fully completed and signed Medical Information Form.

UNABLE TO PARTICIPATE

Campers are required to attend all sessions while at camp. If, due to illness, you are unable to participate in the session, campers must stay in the Trainers' Area. Campers are not allowed to stay in their dorm room unattended during the sessions.

CONTACTING THE CAMPER

We invite and encourage parents / guardians and coaches to visit any of the camp sessions. Video taping is allowed.

There is no telephone service in the individual dorm rooms. If a parent wants to check in on his or her child periodically, we suggest that you make arrangements with your child so he or she can call home during the week using cell phones.

In case of emergencies, you can also call the field hockey office at 570-484-2722 (Pat Rudy) or 570-484-2113 (Kim Lindsey) or the Public Safety Office at 570-484-2278.

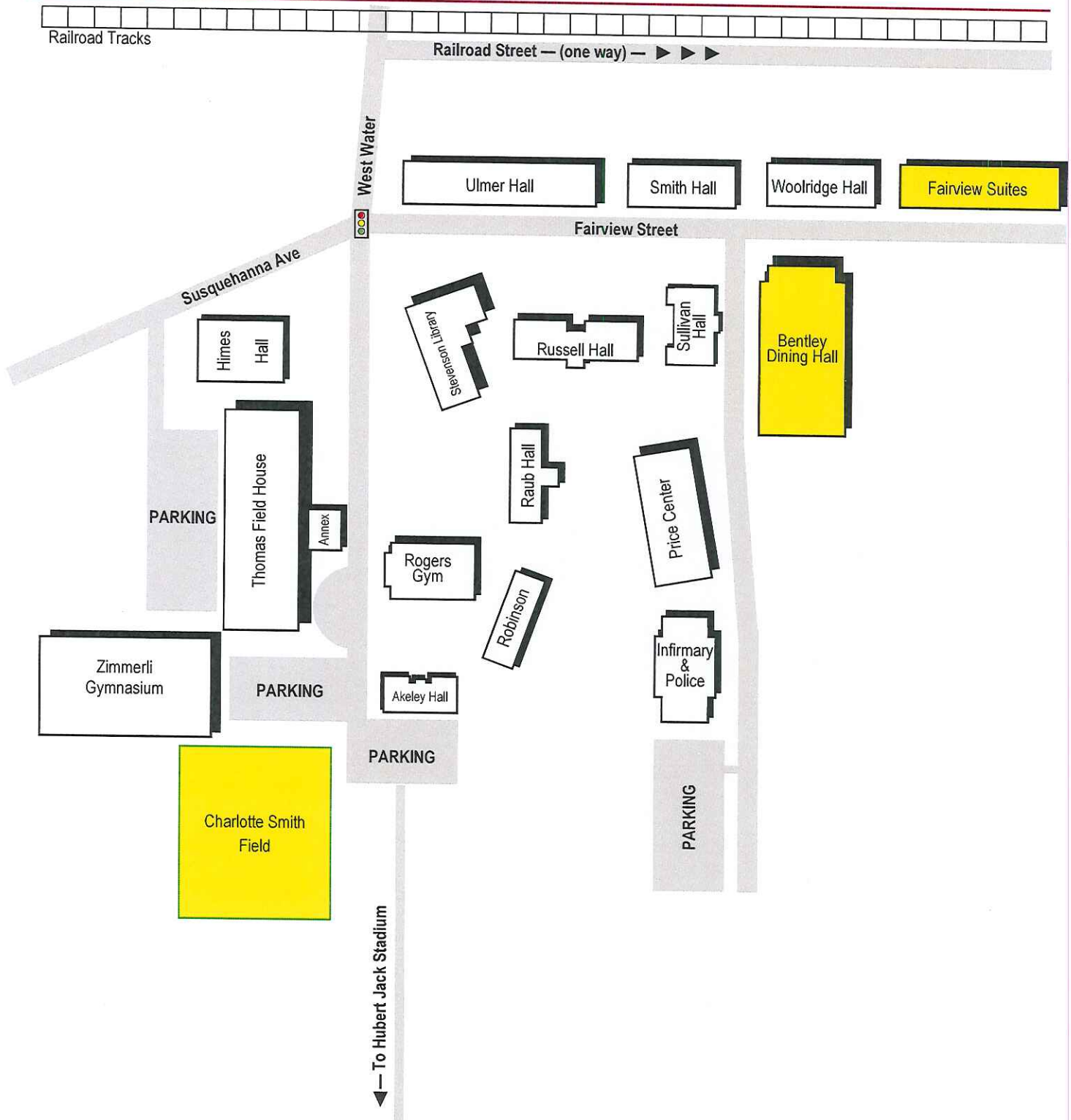
FOOD SERVICE

A meal card will be used to identify our campers during meal times. The cards are not transferable and **must** be turned back in at the end of camp. Dinner will be the first meal of the camp on the first day, and breakfast will be the last meal of the camp on the last day.

CAMP CODE OF CONDUCT

1. You are **ONLY** permitted in the residence hall and the buildings to which you have been assigned.
2. Residence hall doors will be locked during specific times. You will be issued a key to let yourself in and out. Make sure you pull the door closed behind you.
3. You will be assigned a counselor by the camp director who will be responsible for your needs during the time you are at camp.
4. Your assigned residence hall room is your home-away-from-home. Take care of your room and the residence hall facilities. **YOU WILL PAY FOR ANY DAMAGE DONE TO THE ROOM.**
5. **NO CAMP PARTICIPANT** is permitted to leave campus unless approval is given by the camp director.
6. **NO CAMP PARTICIPANT** is permitted the use of an automobile. All cars must be parked in a designated area and the keys given to the camp director for the duration of the camp.
7. **NO** smoking and **NO** consumption of alcohol or possession of alcoholic beverages or drugs are permitted anywhere on University property.
8. Any residence hall or floor other than your assigned hall and floors is off limits. You may not be visited by either off-campus or non-camper participants. Male participants may not visit female participants and visa-versa, without the permission of the camp director.
9. Other groups will be sharing common meeting areas (i.e. residence hall, dining hall, recreational facilities). **DO NOT** interfere with the activities or programs of their privacy.
10. Be courteous and respect your fellow campers, their possessions, and their privacy.
11. Your camp director will give you specific times for lights out, bed checks, quiet times and curfew. These must be observed. Additional rules may be given by the individual camp director. The maximum curfew for all camps is 10:00 PM.
12. The cleaning staff and residence life directors are here to help and serve you. Please give them your full cooperation. Custodians clean only lounges, bathrooms and halls.
13. Lost keys cost \$75 each, payable by participant at conclusion of camp.
14. The University is not responsible for the loss of personal property in any building of the University.
15. The campus recreational facilities are for your pleasure and entertainment. Please adhere to the specific guidelines for each facility. **DO NOT ABUSE THIS PRIVILEGE.**
16. Pets are not permitted in University buildings. Seeing-eye-dogs must be leashed at all times.
17. No furniture is to be moved from any lounge or public area and any furniture moved within the room is to be returned to its original location prior to checkout.
18. **ANY VIOLATION OF THE ABOVE CODE COULD RESULT IN DISMISSAL FROM THE CAMP.**

CAMPUS MAP



Important Locations to our Campers

Fairview Suites - Housing and Registration for all campers
 Bentley Dining Hall - where meals will be served
 Charlotte Smith Field - where sessions take place