

# MERESTEAD SPORTS CAMPS, Inc.

Missy Ackerman, Director  
PO Box 9278 Richmond, VA 23227  
Phone 804-440-9551 ♦ Email [info@merestead.com](mailto:info@merestead.com) ♦ Web [www.merestead.com](http://www.merestead.com)  
Fax 804-767-1161

**To:** Merestead Minnesota Campers, College of St. Benedict  
**From:** Missy Ackerman, Site Director  
**Questions:** Contact the Merestead Sports Camps office above  
Alternate number during sessions: 320-363-5881 or 320-363-5000 (St. Ben's Safety)

## Physical Examination Form:

A physical/consent information **MUST** be on file, and is **REQUIRED** for campers to play. Please bring form to camp or it must be received by June 15th.

## Dates of Sessions:

College of St. Benedict, July 5-8, 2009

If you will be arriving late or departing early, please contact the Merestead office or contact the site director.

**Registration:** Sunday at Noon at **Brian Hall** for all campers.

[www.csbsju.edu/about/directions/csbmap.htm](http://www.csbsju.edu/about/directions/csbmap.htm)

Player sessions begin at 2pm on Sunday. **Camp tournaments finish at 5:00pm Wednesday.** Parents plan on watching!

**Camp Store:** We will have for purchase sticks, balls, mouth guards and goggles. Clothing and other equipment will be available. Snacks and drinks will be available also.

## Day Campers Camp Schedule: (must complete the release form)

Day	Sunday	Monday-Tues.	Wednesday
Day Camper Times	12pm-8:15pm	8:30am-8:15pm	8:30am to 5 pm
Day Camper Meals	Dinner	Lunch and Dinner	Lunch

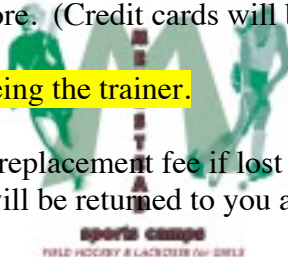
## Checklist for Camp:

- Lacrosse Sticks
- Turf shoes or cleats, flats (court shoes) for indoor play
- Mouth guards and goggles are **MANDATORY**. \*
- Goalkeeping equipment, all Goal keepers must have their own equipment\*

## Personal List

- Sunscreen, insect repellent
- Shorts, shirts, hat and socks! Sweats or cool/wet weather gear. Bathing suit.
- Bed linens/sleeping bag, towels, pillow and toiletries.
- Spending money for camp store. (Credit cards will be accepted)
- Alarm clock!
- **Taping supplies if you are seeing the trainer.**

**Room Key:** Deposit of **\$40** as replacement fee if lost or not returned at the end of camp. Please bring a check and this will be returned to you at check out.



# MERESTEAD SPORTS CAMPS, Inc.

Missy Ackerman, Director

PO Box 9278 Richmond, VA 23227

Phone 804-440-9551 ♦ Email [info@merestead.com](mailto:info@merestead.com) ♦ Web [www.merestead.com](http://www.merestead.com)

Fax 804-767-1161

