

MERESTEAD SPORTS CAMPS, Inc.

Missy Ackerman, Director

PO Box 9278 Richmond, VA 23227

Phone 804-440-9551 ♦ Email info@merestead.com ♦ Web www.merestead.com

Fax 804-767-1161

To: Merestead Pennsylvania Campers, Bryn Mawr College
From: Missy Ackerman, Director, Margie Snead, Site Director
Questions: Until July 18 Contact the Merestead Sports Camps office above
After **July 18**, Contact Margie Snead at the camp office
Camp Office Phone: (610)-526-7957

Physical Examination Form:

A physical/consent information **MUST** be on file, and is **REQUIRED** for campers to play. Bring to camp or it must be received by the registration office by June 30.

Dates of Sessions:

Bryn Mawr College, Bryn Mawr, PA: July 19-22 & July 26-29, 2009.

If you will be arriving late or departing early, please contact the Merestead office or contact the site director. We will make plans to meet you upon arrival.

Registration: Sunday at 11:30am at the **Gymnasium** for all campers.
Player sessions begin at 2pm on Sunday. **Camp tournaments finish at 5:00 pm on Wednesday.** Parents plan on watching!

Camp Store: We will have for purchase sticks, balls, shin, 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

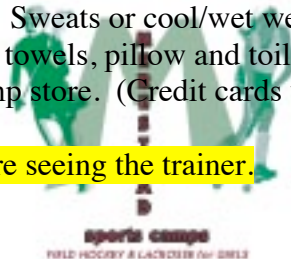
Commuting (Day) Campers are expected to attend all sessions. **Each commuting camper must sign out of camp each evening.**

Checklist for Camp:

- Sticks for Hockey and/or Lacrosse
- Turf shoes or cleats, flats (court shoes) for indoor play
- Mouth guards (FH & Lax), shin guards (FH) and goggles (LAX) are **MANDATORY**. *
- Goalkeeping equipment, all Goalkeeper must have their own equipment*

Personal List

- Sunscreen, insect repellent
- Shorts, shirts 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.**



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Room/Meal Keys: \$75 deposit for residents, \$25 deposits for day campers for replacement fee if lost or not returned at the end of camp. Please bring a check which will be returned to you.

Directions to [Bryn Mawr](#): may be found by clicking the link. Signs will be posted on campus. The physical address is:

Morris Ave & Yarrow St
Bryn Mawr, PA 19010

