

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 Virginia Campers, Randolph-Macon College

From: Missy Ackerman, Site Director Crystal Carper, Co-Director

Questions: Contact the Merestead Sports Camps office above

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 15, 2009.

Dates of Sessions:

Randolph-Macon College July 6-8, 2009

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

Registration: Monday at 8:15 am at **Crenshaw Gymnasium** for all campers.

Player sessions begin at 9am on Monday. Camp tournaments finish at 8pm on 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	Monday	Tuesday & Wed.p
Times	8:15am-8:15pm	8:30am-8:00pm
Meals	Lunch and Dinner	Lunch and Dinner

Checklist for Camp:

- Field Hockey Sticks
- Turf shoes or cleats, flats (court shoes) for indoor play
- Mouth guards and goggles (lacrosse only) are MANDATORY. *
- Goalkeeping equipment, all Goal keepers must have their own equipment*
- Taping supplies if seeing Athletic Trainer

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!

Room Key: Deposit of \$65 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.



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