

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, Sweet Briar College

From: Missy Ackerman, Site Director

Questions: Contact the Merestead Sports Camps office above

Alternate number during sessions: 434-381-6100

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:

Sweet Briar College, June 21-24, 2009

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

Directions to Sweet Briar: http://www.about.sbc.edu/driving_directions.html?travel



Registration: Sunday at Noon at *Manson* for all campers.

Player sessions begin at 2pm on Sunday. *Camp tournaments finish 5pm 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-Tuesday	Wednesday
Times	12pm-8:15pm	8:30am-8:15pm	8:15am to 5pm
Meals	Dinner	Lunch and Dinner	Lunch

Checklist for Camp:

- Field Hockey and/or Lacrosse 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. Linens are provided by SBC.
- 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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