

# 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 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, 2008.

## Dates of Sessions:

Randolph-Macon College July 27-29, 2008

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

**Registration:** Sunday at Noon at **Crenshaw Gymnasium** for all campers.

Player sessions begin at 9am on Sunday. Camp tournaments finish at 8pm on Tuesday.

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
Times	12pm-8:15pm	8:30am-8:15pm
Meals	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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