

# PRINCETON

## SPORTS CAMPS

### *Squash Camp – Tournament Training 2*

	Check-In	Check-Out
<b>Date:</b>	June 26, 2010	July 1, 2010
<b>Time:</b>	3:00pm-4:00pm	3:00pm-4:00pm
<b>Location:</b>	Baker Rink	Baker Rink
<b>Note:</b>	<b>Signed Parental Release/Health Forms must be brought to registration. Mailed or Faxed copies will not be accepted.</b>	

#### **Parking (See Attached Map)**

Parking will be available in Undergrad Upper Parking which is a short walk to Baker Rink. Please be sure to bring your belongings to the rink with you. If you require overnight parking you may request a parking permit at check-in.

#### **Check-In**

At check-in, you will receive your dorm assignment and room key. Roommate requests will be honored whenever possible, however, they cannot be guaranteed. Rooming assignments are not made until a few days prior to the first day of camp. After checking-in, you should proceed to your dorm room to drop off your luggage. Day campers should also check-in during the specified times to pick up a meal card and hand in their Parental Release and Health Forms. A schedule of drop-off and pick-up times for day campers will be provided at check-in. Dinner will be provided at 5:00pm. An orientation meeting is required of all campers at approximately 5:45pm. Our first session will begin at 7:00pm in Jadwin Gym.

#### **Late Arrivals**

If you arrive past the scheduled check-in times you should still park in Undergrad Upper Parking and report to the tent as camp staff may still be present. If there are no visible staff members at the tent your dorm keys will be waiting for you at the Department of Public Safety located in 200 Elm Drive. Once you have received your key, please join us at Jadwin Gym "C" floor for evening activities between 6:30-9:30 pm. If the gym is locked, please call 609-258-5089 to have a coach let you in.

#### **Graduation Ceremony**

Family and friends are invited to attend the camp graduation ceremony held Thursday afternoon from 2:00-2:30pm.

#### **Emergency Numbers**

Conference Services: 609-258-3369 - Business Hours (9:00am - 5:30pm, Monday - Friday)  
Public Safety: 609-258-3134 - Off-Hours  
Head Coach Gail Ramsay: 609-258-5089/609-462-2912 - Office Hours (8:30am - 4:30pm, Sunday - Friday)

#### **Cancellation Policy**

All requests for refunds must be made online at [www.princetonportscamps.com/Refund\\_Policy/Refund\\_Request.htm](http://www.princetonportscamps.com/Refund_Policy/Refund_Request.htm). All monies paid with the exception of a \$100.00 administrative fee, per session enrolled, will be refunded provided the cancellation is received 3 days prior to the start of camp. No refunds will be provided less than 3 days prior to camp, for expulsion from camp, for voluntary withdraw, or for injuries sustained prior to camp or at camp. We are also unable to issue a credit for any future camps.

#### **Medical Care**

It is absolutely essential that you be in good physical condition prior to camp. We will have a certified trainer on staff to deal with normal day-to-day injuries, however, they cannot be expected to handle pre-existing conditions. Please do not wear new shoes to camp as blisters will severely limit your participation. Protective eye wear must be worn at all times.

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### *PACKING LIST*

*WE STRONGLY SUGGEST YOU BRING A HAND CART OR ROLLING CART TO HELP YOU TRANSPORT YOUR BELONGINGS TO CHECK-IN AND THE DORMS AS THERE IS NO PARKING ADJACENT TO THE DORMS.*

The Princeton University Squash Camps offer players the opportunity to participate in an intensive squash instruction program under the guidance of top professionals. The camp's goal is to help you:

- Improve consistency and accuracy of your strokes
- Better understand and implement effective strategy
- Discover how to consistently perform at your best
- Understand how to practice most effectively

#### **Products Provided**

Each participant will receive a Princeton Squash Camp t-shirt, camp picture and camp "Certificate of Participation."

#### **Protective Eye Wear**

It is required that all participants wear protective eye wear on the court at all times.

#### **Official Ball**

Dunlop XX yellow dot soft ball

#### **PACKING LIST:**

- |  |                                       |  |
|--|---------------------------------------|--|
| • Blanket                                      | • 10-12 t-shirts/tank tops            | • Toiletries (shampoo, soap, deodorant, etc)                         |
| • Pillow                                       | • Underwear                           | • Tape supplies  |
| • Sheets/pillow case (twin extra-long)         | • Warm-up jacket                      | • 1 pair of squash shoes   |
| • Towels/washcloth                             | • Off-court clothes/shoes             | • Swimsuit   |
| • Alarm clock                                  | • Note-book for lectures              | • Cell phone (rooms do not have phones, dorms do not have payphones) |
| • Portable fan (dorms are not air conditioned) | • 1-2 Racquets<br>• (demos available) | • Money for snacks*  |
| • Raingear                                     | • Protective eye wear – REQUIRED!!!   |  |
| • 5-6 pairs of shorts/skirts                   |                                       |  |
| • 8-10 pairs of socks                          |                                       |  |

\*Please limit the amount of spending money you bring to camp - \$20-30.00 should be sufficient. Do not bring valuables (jewelry, excess cash, laptops, MP3 players, video game players, etc.) to camp, as Princeton University cannot be held responsible for lost or stolen items.

#### **PROHIBITED ITEMS:**

- |                    |   |             |
|--------------------|---|-------------|
| • Alcohol          | • Incense                                 | • Knives    |
| • Tobacco          | • Fireworks                               | • Fire Arms |
| • Illegal Drugs    | • Halogen Lamps                           | • Toy Guns  |
| • Matches/Lighters | • Hot plates and other cooking appliances |             |
| • Candles          |   |             |

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### PARENTAL RELEASE FORM

*This form must be completed in FULL, including signature of Parent or Guardian, and brought to check-in. Faxed or mailed copies will not be accepted. Campers will not be allowed to participate without both the Parental Release and Health Form completed in full.*

Camper's Name: \_\_\_\_\_

Emergency Contact Name and Number: \_\_\_\_\_

I, \_\_\_\_\_, give permission for \_\_\_\_\_ to  
(Parent or Guardian) (name of camper)

attend and participate in the Princeton University \_\_\_\_\_.  
(name of camp) (dates of camp)

I authorize the staff of the camp to use their best judgment in allowing my child to receive emergency medical or surgical treatment if necessary. I understand that every effort will be made to contact me prior to such action.

I hereby:

1. certify that, to the best of my knowledge, the medical information is complete and correct.
2. agree to assume all risk of personal injury arising from participation in this camp, understanding that this sport does involve the potential for injury.
3. agree not to hold the staff responsible for any injury sustained during camp participation.
4. agree not to make any claims or demands against camp staff or Princeton University for any injury sustained.
5. agree to allow the Camp Director to use his/her judgment in obtaining necessary medical care, at the expense of the parent.
6. agree to accept any decisions made by the Camp Director in terminating attendance due to unacceptable behavior.
7. grant the camp staff permission to videotape, photograph or otherwise record my child/ward and to use such recordings and biographical data in any media on a perpetual basis.

I can be reached by phone during the day at: \_\_\_\_\_ and in the evening at:

\_\_\_\_\_.

An alternative/emergency contact person is: \_\_\_\_\_ and can be reached by phone at:

(DAY) \_\_\_\_\_, (EVE.) \_\_\_\_\_.

Insurance Carrier: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Policy Holder's Name: \_\_\_\_\_

In consideration for my son's/daughter's permission to participate in the camp, I release the Trustees of Princeton University, its trustees, officers, agents, employees and students from any and all claims which my son/daughter may have as a result of personal injury or property loss arising out of or connected in any way with their participation in camp.

\_\_\_\_\_  
(Signature of Parent)

\_\_\_\_\_  
(Date)

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## SPORTS CAMPS

### HEALTH FORM

*This form must be completed in FULL, including signature of a physician, and brought to check-in. Faxed or mailed copies will not be accepted. A copy of a camper's school physical, including immunization history and a doctor's signature, may be substituted in lieu of this form if the physical was performed within 12 months prior to the camp start date. Campers will not be allowed to participate without both Parental Release and Health form completed in full.*

Camp Name: \_\_\_\_\_ Date of camp: \_\_\_\_\_

Camper's Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_  
(Last Name) (First Name)

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

#### Medical History (please check for "yes")

German Measles  Measles  Mumps  Scarlet Fever  Chicken Pox   
Diabetes  Pneumonia  Other: \_\_\_\_\_

#### Immunization History

Diphtheria \_\_\_\_\_  
Tetanus Toxoid \_\_\_\_\_  
Polio Vaccine \_\_\_\_\_  
Tuberculin Test \_\_\_\_\_  
Measles \_\_\_\_\_

#### Allergy History

Mo./Yr.

Hay Fever \_\_\_\_\_  
Asthma \_\_\_\_\_  
Eczema \_\_\_\_\_  
Hives \_\_\_\_\_  
Insect Stings \_\_\_\_\_

#### Drug Reactions

Yes No

Sulpha    
Penicillin    
Antibiotic    
Type: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Yes No

If medication will be taken during camp, indicate name of drug and dosage:  
\_\_\_\_\_  
\_\_\_\_\_

Please list any pertinent medical information we should have regarding past injuries, past medical history, or suggested physical limitations relating directly to the participant's ability to participate in the camp for six or more hours per day:  
\_\_\_\_\_  
\_\_\_\_\_

(Attach additional sheets if necessary)

I certify the above-named individual is able to participate fully in the above-named activity, based on physical examination within 12 months prior to said camp date.

\_\_\_\_\_  
(Signature of Physician)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Street Address)

\_\_\_\_\_  
(City)

\_\_\_\_\_  
(State)

\_\_\_\_\_  
(Zip)

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### AUTHORIZATION TO ADMINISTER MEDICATION

*This form is required if your child will be taking any medication while at camp.*

All medication must be labeled and stored in the original prescription container. At the conclusion of camp any remaining medication will be returned to the parent or guardian. If the medication is not picked up at the conclusion of camp it will be destroyed within three working days after the camper's last day. No medication will be returned via mail regardless of circumstance.

Camper Name: \_\_\_\_\_

Camp Session: \_\_\_\_\_ Camp Dates: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

#### **Medication #1**

Specific Diagnosis: \_\_\_\_\_

Name of Medication: \_\_\_\_\_ Dosage & Time: \_\_\_\_\_

Side Effects: \_\_\_\_\_

Prescriber: \_\_\_\_\_ Phone: \_\_\_\_\_

#### **Medication #2**

Specific Diagnosis: \_\_\_\_\_

Name of Medication: \_\_\_\_\_ Dosage & Time: \_\_\_\_\_

Side Effects: \_\_\_\_\_

Prescriber: \_\_\_\_\_ Phone: \_\_\_\_\_

It is understood that the medication is administered solely at the request of and as an accommodation to the undersigned parent or guardian. In consideration of the acceptance of the request to perform this service by any person employed by Princeton University Sports Camps, the undersigned parent or guardian hereby agrees to defend, indemnify, and hold harmless the Trustees of Princeton University, its trustees, officers, agents, employees and students from any and all claims which they now have or may thereafter have arising out of the administration of or failure to administer the medication to the camper.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## PARKING

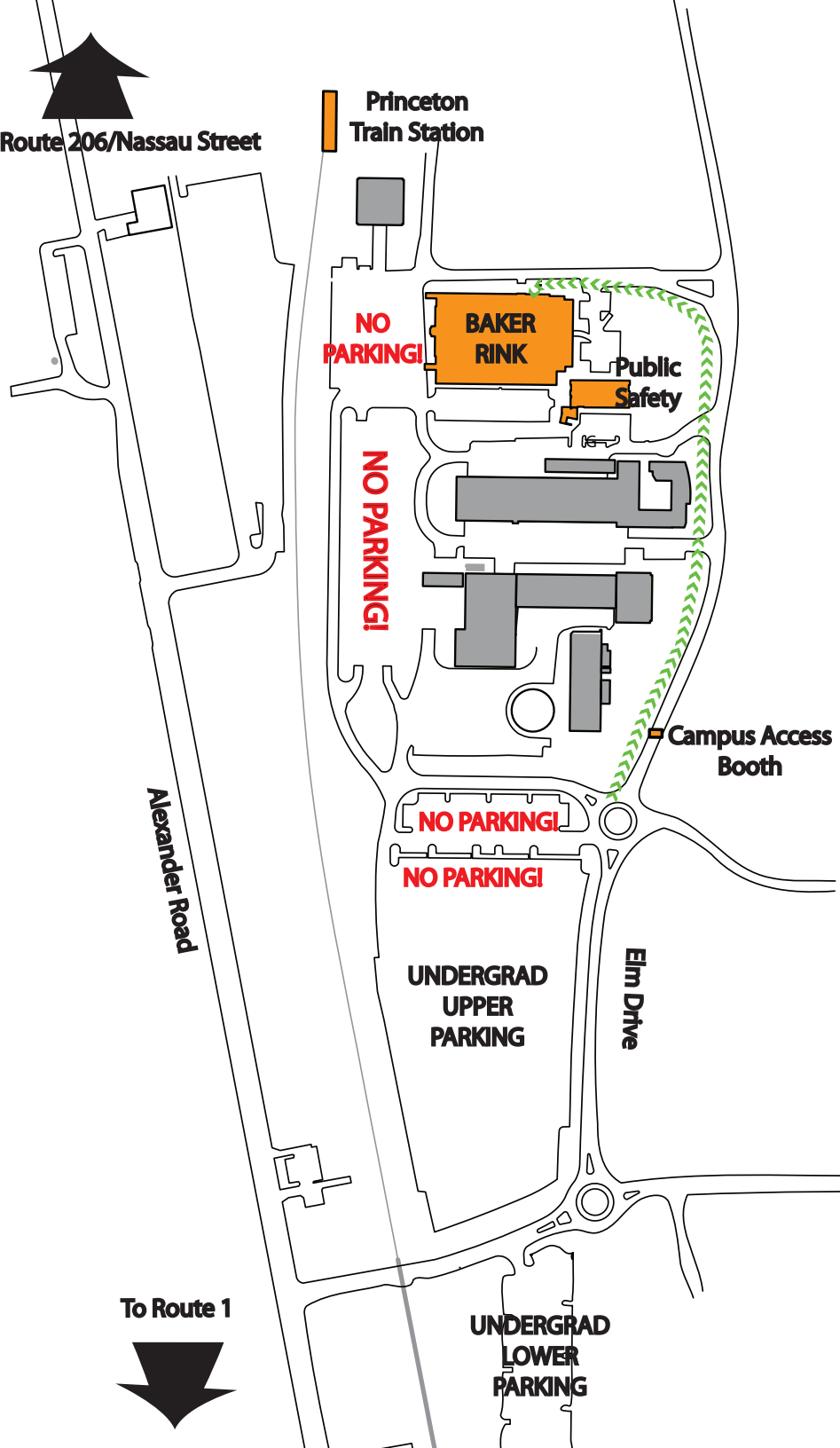
Parking for check-in and check-out will be available in Undergrad Upper Parking and Undergrad Lower Parking. This is the closest available parking to registration and the camp dorms. The >>>> indicates the walking route from the parking lot to Baker Rink. There will also be signs posted along this route.

Individuals parking in an area besides Undergrad Upper/Lower Parking are subject to ticketing and/or towing at the owner's expense. Parking is not permitted along roadways. All vehicles must be parked within a lined space.

For the safety of our campers, no person is allowed to drive up campus to drop-off or pick-up campers or their belongings.

## LATE ARRIVALS

Please check your confirmation letter for specific information regarding late arrivals.



To Route 1

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