

# GIRLS LACROSSE – ELITE

## Camper Information Packet

	Check-In	Check-Out
<b>Date</b>	Monday, June 29, 2015	Wednesday, July 1, 2015
<b>Time</b>	2:00pm – 3:00pm	4:00pm
<b>Location</b>	Baker Rink	Baker Rink
<b>Notes</b>	<b><i>All campers must check-out in person at the designated check-out location. If you need to depart early, please make arrangements with the camp staff at check-in.</i></b>	

### **DIRECTIONS TO CAMPUS**

There are no physical addresses for any of Princeton's Athletic Facilities. If you are unfamiliar with campus, we recommend you visit <http://q.co/maps/qta3f> to get directions to the check-in/check-out location.

### **PARKING (see attached map)**

Parking will be available in Lot #32 which is the closest available parking to registration and the dorms. Please be sure to bring your belongings with you to registration. We strongly recommend you bring a rolling cart or bag with wheels to transport your items. If you require overnight parking, you may request a parking permit at check-in.

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

### **CAMP REGISTRATION/LATE ARRIVALS**

We strongly encourage that you arrive during the scheduled check-in time to ensure that you receive all of the necessary camp information; and have the opportunity to attend the orientation meeting that will be held immediately after check-in. If you arrive past the scheduled check-in time, you should still report to Baker Rink as camp staff may still be present. If there are no visible staff members, your room assignment and dorm key will be available for pick-up at the Department of Public Safety; which is adjacent to Baker Rink. There will also be a schedule and campus map attached so you can locate the camp.

### **HOUSING ASSIGNMENTS**

Housing assignments are not done until the evening before camp, and in some cases the morning of camp. When you arrive at check-in you will be able to find out who you are paired with.

Please keep in mind that while we do everything we can to accommodate each camper's one request, we do not guarantee roommate requests or guarantee that entire teams or campers from the same school will be housed in the same building or on the same floor.

### **CAMP CONTACT PHONE NUMBER**

Camp Office (8:30am – 4:30pm, Monday-Friday) 609.258.3369

*An emergency contact number for the camp will be provided on the camp schedule which will be e-mailed a few days prior to the start of camp, and available at check-in.*

## **MEDICAL CARE**

It is absolutely essential that you be in good physical condition prior to camp. We will have a Health Director on staff to handle injuries that occur at camp; however they cannot treat pre-existing conditions.

## **REQUIRED FORMS**

Each participant is required to submit 2 forms at check-in in order to participate in camp. Below is a listing of the forms, including a brief description. Without these forms completed in their entirety, campers will not be permitted to participate in any camp activity.

### ***Parental Release Form***

The Parental Release Form must be completed and signed by the participant's parent/guardian and includes areas to list an emergency contact.

### ***Health Form***

The Health Form must be completed and signed by the camper's parent/guardian and covers the camper's medical history, insurance policy, allergies, medications and any limitations.

## **IMMUNIZATION REQUIREMENTS**

New Jersey Youth Camp Standards (N.J.A.C. 8:25) require campers to be immunized with the vaccinations required for child-care center, preschool or school attendance as appropriate for the camper's age, according to the immunization schedule found in N.J.A.C. 8:57-4. An immunization schedule can be found at <http://www.state.nj.us/health/forms/imm.doc>

*\*\*If your camper has not received immunizations because of religious beliefs, please attach a signed letter to the Health Form stating your families beliefs.\*\**

## **MEDICATIONS AT CAMP**

In accordance with N.J.A.C. 8:25-5.3(h), Princeton University will not administer medications of any type (prescription or over-the-counter) to camp participants of any age. Princeton University will not be held responsible for housing/storing medication(s). Parent(s)/Legal Guardian(s) and camp participants will be held responsible for administering and housing/storing medication(s) in a discrete place during camp.

We strongly recommend Parent(s)/Legal Guardian(s) of camp participants that have been prescribed medication(s) that are self-administered to treat potentially life-threatening conditions (ie. inhalers, EpiPen) meet with the Health Director during check-in to discuss their use.

## **CODE OF CONDUCT**

The Code of Conduct was signed during online registration. It outlines general expectations of the participant while attending a program at Princeton University as well as fees associated with lost items.

## SUGGESTED PACKING LIST & PROHIBITED ITEMS

This list is provided as a simple guideline to plan what you will need for your stay on campus. Clothing and personal property should be permanently marked with the camper's name.

- |                          |  |                          |                        |
|--------------------------|--|--------------------------|------------------------|
| <input type="checkbox"/> | Sleeping Bag or Blanket                                | <input type="checkbox"/> | Socks                  |
| <input type="checkbox"/> | Pillow & Pillow Case                                   | <input type="checkbox"/> | T-Shirts               |
| <input type="checkbox"/> | Twin XL Sheets   | <input type="checkbox"/> | Undergarments          |
| <input type="checkbox"/> | Towels & Washcloths                                    | <input type="checkbox"/> | Pants/Sweatpants       |
| <input type="checkbox"/> | Soap   | <input type="checkbox"/> | Shorts                 |
| <input type="checkbox"/> | Shampoo/Conditioner                                    | <input type="checkbox"/> | Sweatshirt/Rain Jacket |
| <input type="checkbox"/> | Toothbrush & Toothpaste                                | <input type="checkbox"/> | Sleepwear              |
| <input type="checkbox"/> | Comb or Brush  | <input type="checkbox"/> | Sneakers               |
| <input type="checkbox"/> | Deodorant  | <input type="checkbox"/> | Bathing Suit           |
| <input type="checkbox"/> | Shampoo  | <input type="checkbox"/> | Flip Flops             |
| <input type="checkbox"/> | Sunscreen  | <input type="checkbox"/> | Water Bottle           |
| <input type="checkbox"/> | Box Fan – <b><i>Dorms are not air-conditioned!</i></b> |                          |                        |

<b>PROHIBITED ITEMS</b>
Alcohol
Tobacco
Illegal Drugs
Matches/Lighters
Candles/Incense
Fireworks
Knives
Firearms
Toy Guns or Water Guns
Animals/Pets

\*Please limit the amount of spending money and valuables you bring to camp.

## REQUIRED EQUIPMENT

All campers must provide their own equipment. Please make sure you have these items prior to your arrival as we do not have equipment to rent or borrow.

- |                          |                |                          |  |
|--------------------------|----------------|--------------------------|--|
| <input type="checkbox"/> | Lacrosse Stick | <input type="checkbox"/> | GOALIES                                  |
| <input type="checkbox"/> | Eye Goggles    | <input type="checkbox"/> | Lacrosse Stick                           |
| <input type="checkbox"/> | Mouthguard     | <input type="checkbox"/> | Mouthguard                               |
|                          |                | <input type="checkbox"/> | Helmet w/ Throat Protector               |
|                          |                | <input type="checkbox"/> | Chest Protector                          |
|                          |                | <input type="checkbox"/> | Leg Pads, Pelvic Protector, Shin Guards* |

\*recommended item



# PRINCETON SPORTS CAMPS

## PARENTAL RELEASE FORM

I, \_\_\_\_\_, am the legal parent/guardian of \_\_\_\_\_,  
(Parent/Guardian Name) (Camper Name)

and give permission for the camper to attend and participate in the Princeton University \_\_\_\_\_  
(Camp Name)

which will be held on \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_.

On behalf of the camper, the camper’s parents and/or legal guardian, I hereby:

1. agree to assume all risk of personal injury and property loss arising from participation in any camp athletic and recreational activities;
2. agree to hold harmless the camp staff, The Trustees of Princeton University, its trustees, officers employees, agents, representatives responsible for any injury or property loss sustained during participation in any camp athletic and recreational activities;
3. grant permission to the camp staff or medical personnel to render, or engage medical personnel to render, preventative, first aid and/or emergency treatment that they deem necessary to the camper’s health and well-being. I understand that reasonable effort will be made to contact me, or the emergency contacts listed below, prior to such action and any expenses incurred are at my expense;
4. agree to accept any decisions made by the camp staff in the termination of camp attendance;
5. grant The Trustees of Princeton University, its trustees, officers, agents, representatives, employees and students permission to videotape, photograph or otherwise record the camper and to use such recordings and biographical data in any media, on a perpetual basis, for all purposes consistent with Princeton University’s mission.

In consideration for permission for the camper to participate in the camp, on behalf of the camper, the camper’s parents and/or legal guardian, I release The Trustees of Princeton University, its trustees, officers, agents, representatives, employees and students from any and all claims which the camper, the camper’s parents and/or legal guardian, may have as a result or personal injury or property loss arising out of, or connected in any way with, their participation in any camp athletic and recreational activities.

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

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

1<sup>st</sup> Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

2<sup>nd</sup> Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**BRING TO CHECK-IN. DO NOT MAIL OR FAX.**

**This form is required for each camp you are attending.**

**If you are attending multiple camps, please make enough copies to hand one in at each camp check-in.**



# PRINCETON SPORTS CAMPS

## HEALTH FORM

Camp Name & Session: \_\_\_\_\_ Camp Dates: \_\_\_\_\_ to \_\_\_\_\_

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

Date of Birth: \_\_\_\_\_

Gender: \_\_\_\_\_

Age: \_\_\_\_\_

### Insurance Information

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

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

Does the camper currently have any of the following?

Allergies (list all): \_\_\_\_\_

Please provide any information about current physical, mental or psychological conditions that may affect the camper's ability to fully participate in the program: \_\_\_\_\_

Has the camper been hospitalized within the past 5 years?  No  Yes

If yes, please describe: \_\_\_\_\_

Is the camper currently taking any medications (prescription and over-the counter):  No  Yes

If yes, please list the drug(s) and dosage: \_\_\_\_\_

In accordance with N.J.A.C. 8:25-5.3(h), Princeton University will not administer medications of any type (prescription or over-the-counter) to camp participants of any age. Princeton University will not be held responsible for housing/storing medication(s). Parent(s)/Legal Guardian(s) and camp participants will be held responsible for administering and housing/storing medication(s) in a discrete place during camp.

We strongly recommend Parent(s)/Legal Guardian(s) of camp participants that have been prescribed medication(s) that are self-administered to treat potentially life-threatening conditions (i.e. inhalers, EpiPen) meet with the Health Director during check-in to discuss their use.

As of this date, has the camper received all immunizations required under N.J.A.C. 8:57-4?  No  Yes

New Jersey Youth Camp Standards require campers to be immunized with the vaccinations required for child-care center, preschool or school attendance as appropriate for the camper's age, according to the immunization schedule found in N.J.A.C. 8:57-4. An immunization schedule can be found at <http://www.state.nj.us/health/forms/imm.doc>. Campers who do not comply with this schedule will not be allowed to participate in camp.

*I am the legal parent/guardian of the above named participant. I hereby certify that to the best of my knowledge, the information requested is complete and correct.*

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

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

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**CODE OF CONDUCT**

- Treat others with kindness and respect and only use appropriate language and gestures.
- Bullying, hazing, sexual misconduct, and violence of any kind toward others are strictly prohibited. If observed, must be reported to a staff member immediately.
- Respect personal property of others and do not take or use anything that does not belong to you.
- Possession or use of illegal substances (including drugs) or any legal substance illegally (including alcohol, tobacco and prescribed medications) is strictly prohibited.
- Possession of any functioning, non-functioning or prop weapon or firework is strictly prohibited.
- Cell phones and other valuables may be brought to campus; however Princeton University will not be responsible for damaged, lost or stolen items.
- Switching assigned dormitory room without authorization from Conference & Event Services is strictly prohibited.
- Access to Princeton University facilities is limited to scheduled program activities. Rooftops, balconies and construction areas are off limits at all times. Fire escapes and ladders may only be used in the event of an emergency.
- Misuse or damage of Princeton University property is prohibited. Fees will be assessed against participants responsible for damaged or missing Princeton University property.
- Room access cards, building access cards and meal cards issued to a participant must be returned by that person in person at the designated check-out location. Fees will be assessed for any item not returned as follows; room access card - \$100.00, building access card - \$50.00, meal card - \$25.00.

**AUTHORIZED PICK-UP**

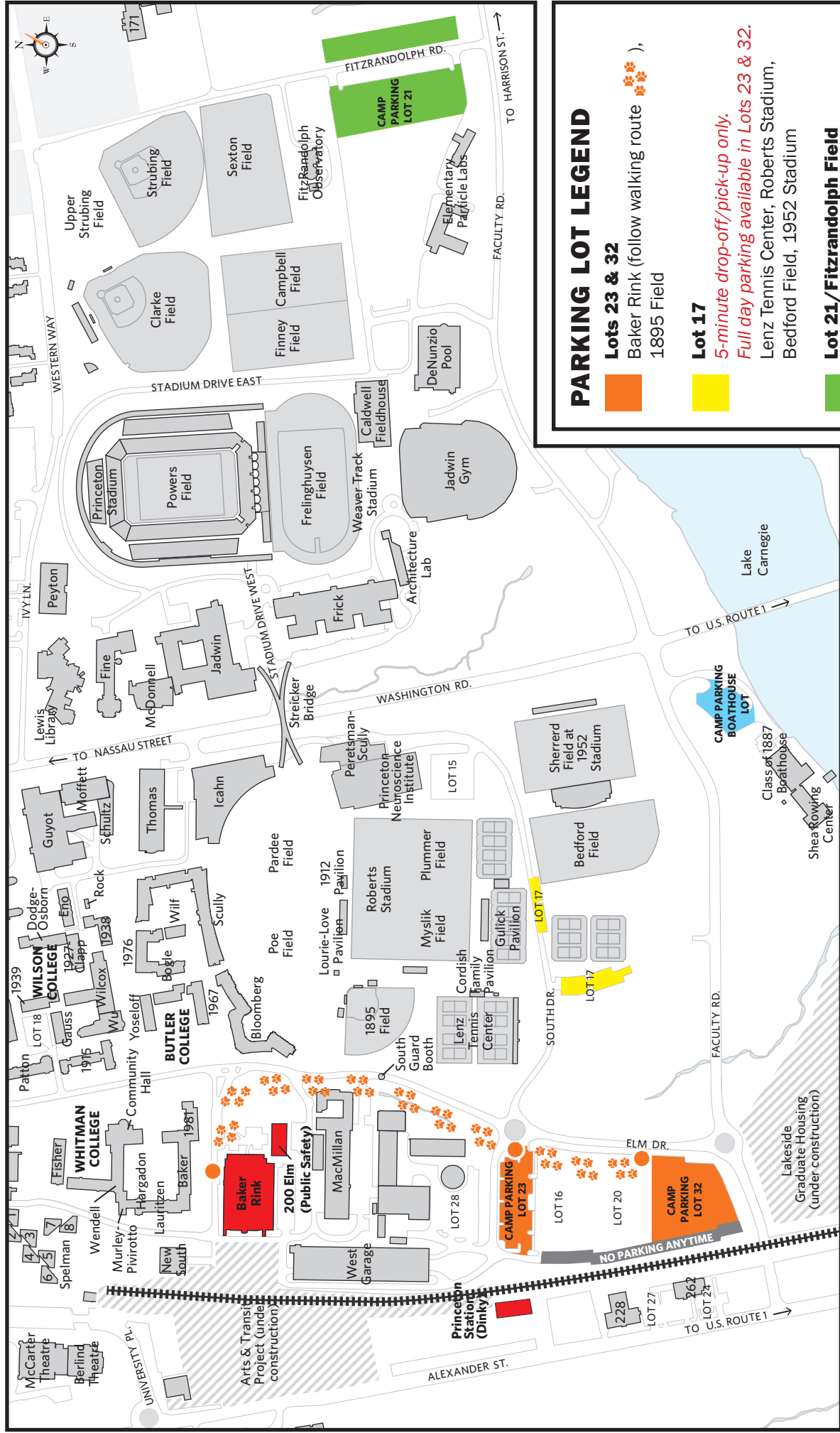
Parents/Guardians that do not wish to have their child(ren) return their issued items and sign themselves out of the program on the last day must e-mail ([camps@princeton.edu](mailto:camps@princeton.edu)) the name and phone number of authorized individual(s) that may sign their child(ren) out of the program and return any issued items. Notice must be received at least 2 days prior to the start of the program. If notice is not received at least 2 days prior to the start of the program, we will permit your child(ren) to sign themselves out of the program on the last day and return any issued items.

*I have read, understand and accept the above Code of Conduct and Authorized Pick-Up and will make sure that my child reads, understands and accepts the above Code of Conduct. I understand that failure by my child(ren) to comply with the Code of Conduct may result in their removal from the program and/or additional fees and that I may be asked to pick up my child(ren) from campus. I understand that if my child is asked to leave the program, I will receive no refund.*

**This document was signed digitally during online registration.  
This copy is for reference.**

# PRINCETON SPORTS CAMPS PARKING MAP

609.258.3369 • [www.princeton.sportscamps.com](http://www.princeton.sportscamps.com)



## PARKING LOT LEGEND

- Lots 23 & 32**  
Baker Rink (follow walking route ), 1895 Field
- Lot 17**  
5-minute drop-off/pick-up only.  
Full day parking available in Lots 23 & 32.
- Lot 21/Fitzrandolph Field**  
Lenz Tennis Center, Roberts Stadium, Bedford Field, 1952 Stadium
- Boathouse Lot**  
1887 Boathouse, Shea Rowing Center

**DIRECTIONS** Recorded driving directions are available for callers with touchtone phones at 609.258.2222.

**PARKING** Please consult the Parking Lot Legend to determine available parking based on your check-in location. Individuals parking in areas other than designated check-in/check-out parking lots are subject to ticketing and/or towing at the owner's expense. **Parking is not permitted along roadways. All vehicles must be parked with a lined space.**

**LATE ARRIVALS** Please check your camper information packet for specific information regarding late arrivals.