



Greetings and Welcome to this summer's camp! Parents, please retain this information for reference throughout the camp.

ARRIVAL/DEPARTURE

All campers should arrive on **Thursday, July 8th; 12:30-1:00pm** (includes day campers).
Tenochca Residence Hall – [6126 Montezuma Rd San Diego, CA 92115 619/594-2000](#).

- From I-8 Exit at College Blvd. turn South
- Left at Montezuma Rd.
- First Left at East Campus Drive.
- First Left into drop off area (no extended parking) in front of Tenochca & Zura Halls
- Walk to your left as you face Zura Hall (first building you'll see)

Once you arrive, you are **NOT** permitted to leave the camp/campus for any reason unless a parent submits a signed notice (include date, time of pick up/drop off, reason) at check in. Please obey all parking signs, fees, etc. the camp is not responsible for your parking tickets!

Pick up on Sunday, July 11, 11:30am-12:00pm same location.

EQUIPMENT

Full gear is required at all times to participate in the camp. That includes helmet, mouth guard, shoulder pads, arm pads, gloves, athletic cup, socks, cleats, and your stick.

WHAT TO BRING?

In addition to your gear, the following items are suggested.

Shower Towel	Toilet Accessories	Bathroom Flip Flops
Pool Towel	Plenty of Socks	Extra Workout Gear
Bathing Suit	Light Sweatshirt	Travel Alarm Clock
Sunscreen	Sneakers	Camp store money for snacks

** Day campers should pack a small backpack (sunscreen, extra shirts, socks, sneakers, bathing suit, towel, etc).*

WHAT TO LEAVE AT HOME

Bed Linens – provided by University

Electronic games, video players, etc that cause undue attention and/or may be lost or stolen.

Weapons of any type (possession results in immediate expulsion from camp)

Excessive amount of cash

Large Radios

Drugs (not prescribed)

BAD ATTITUDES!

MEDICATIONS

Campers who require daily prescription medication are asked to do the following:

1. Type a note with dosage instructions.
2. Place typed instructions and medication bottle in zip lock bag
3. Bring to camp
4. Submit to staff member at check-in
5. Follow up with staff member to receive daily medication
6. Don't forget to pick up remainder at check out

CAMP STORE

The Camp Store is open between sessions and in the evening. Campers may purchase snacks, drinks, apparel, and some equipment. Nightly Pizza orders are taken to give you something to munch on after the evening session. The Camp Store is a great compliment to the dining hall.

For your convenience, you may establish a "Store Account" at check in. Campers deposit cash and purchases are simply subtracted from the account. At the close of camp, refunds are given to parents. It's our goal to reduce any opportunity for theft during our camp. If you wish to set up an account, simply bring Cash or check payable to "Aztec Alumni Lacrosse Foundation", in any amount you wish (\$75 max).

MEALS

The first meal served is Dinner on Thursday so please be sure to have eaten lunch. Meals are served as an all-u-can eat basis. Care should be taken to reduce waste. The dining hall is shared with other campus groups and our Lacrosse Players are expected to be the model group for others to follow. A variety of choices is available at each meal. Alert Coach Holman if you have any specific needs. Once you leave the dining hall, you are not permitted to re-enter.

Day Campers receive Lunch and Dinner (1st meal is dinner).

Resident Campers receive Breakfast, Lunch, & Dinner (1st meal is dinner)..

Breakfast: 7:30am, Lunch: Noon, Dinner: 5:00pm

CAMPERS ARE REQUIRED TO ATTEND EACH MEAL!

DAY CAMPERS

Arrive on the first day as instructed above.

Depart from the camp dorm each day at 6:00pm. Be sure that you return home with everything that you arrived with (equipment, swim gear, etc).

Thurs - Sunday: Arrive to Dorm at 8:30am (*except for first day check-in*)

Thurs-Saturday: Pick up from Dorm at 6:00pm

Sunday: Pick up from Dorm at 11:30am

This is a ***LEARNING CAMP!*** See you on Thursday!

Thanks for joining us at camp!

Aztec Lacrosse Camp Staff

Coach Holman

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