



CAMP INFO

Notes to everyone: SEWANEE IS IN THE **CENTRAL** TIME ZONE!!! **Camp check-ins and check-outs will be at the assigned dorms (to be determined and announced later).**

Camp check-in is Wednesday, July 20th from 1:30-2:30pm.

Our first session is due to start at 3:15pm that afternoon. Lunch is not provided.

All campers will finish on the field by 10:00am Saturday morning, and check out will be at the dorms. FYI: there is a \$25 fee for any lost key or lost meal card! And, yes, sadly, that is for EACH lost item.

WHAT TO PACK (at a minimum) - I strongly urge you to cross these off as you pack!

- * Shorts, T-Shirts, underwear, Sports Bras & socks for 9 activity sessions
- * Goggles, mouthguard(s) and stick(s). You can't practice without these, and mouthguards get lost easily!
- * Goalkeeper equipment - if applicable
- * Cleats **and** sneakers / turf shoes (preferably NOT brand new unless you love blisters!)
- * Sandals / flip flops for between sessions
- * Water bottle(s)
- * Swim suit if you plan on swimming
- * Pajamas, clothes to relax in, and toiletries (don't forget SUNSCREEN and chapstick)
- * Twin Sheets or sleeping bag, pillow, and towel(s)
- * Sunglasses for down time
- * Cell phone charger - your family wants to talk to you.
- * Munchies and / or money for camp store etc. snacks.
- * Any medicines you take on a regular basis
- * Insurance card (or copy)
- * Medical forms - unless you pre-submitted them by fax (931-598-1673) or email to midombro@sewanee.edu (with the subject line LAX Camp Medical).

Note: if you drive to camp, you must leave your keys with the Camp Directors at check-in. Campers are not permitted to leave campus or get in a car with anyone during camp. If parents / family are in town during camp, please discuss any plans with the directors at check-in or in advance of camp at 931-598-1518 (office) or on the camp cell number (607-437-0292) when in session.

We reserve the right to dismiss campers from camp for violation(s) of camp rules. Safety and a fun learning environment are our first priorities. We hope you are excited for a great time at camp!

See you in July,

Michele Dombrowski, Camp Director