



STAFF

2023 INDIVIDUAL POSITION LACROSSE CAMP INFORMATION AND RULES PACKET

PHONE NUMBER: 410.293.5548

CELL PHONE NUMBER: 443.336.3714

FAX NUMBER: 410.293.5538

Email address: goers@usna.edu

Mailing Address:

Navy MENS lacrosse camps

566 Brownson Rd

Annapolis, MD 21402

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****CRITICAL INFORMATION YOU MUST READ****

WHERE TO REPORT

Navy Marine Corps Stadium (Blue side, by the Blue Angel)
550 Taylor Ave,
Annapolis, MD 21401

STAFF REPORT DATES

Individual Overnight CAMP 1: July 7th 12:00 PM
Individual Overnight CAMP 2: July 10th 12:30 PM
Individual Overnight CAMP 3: July 14th 12:30PM
Individual Overnight CAMP 4: July 17th 12:30PM

If you are unable to check into camp at the specified time you must contact the lacrosse office to set up other arrangements.

NAVY-MARINE CORPS MEMORIAL STADIUM



IMPORTANT NOTE: Keep in mind that the United States Naval Academy is an active military base. When on the Academy grounds you are subject to the Uniformed Code of Military Justice. This code is drastically different than the laws you are accustomed to. Basically, you have no inalienable rights and can be detained at any time. The Military and DOD police can search anything that is located on the "Yard". This includes your vehicle, room and personal bags. You should have no expectation of privacy. Please read the code of conduct carefully and you should have no problems.

NAVY LACROSSE CAMP RULES AND REGULATIONS

Let's have a great week of camp. Please be sure to read the rules and regulations of the United States Naval Academy's Lacrosse Camp thoroughly.

RESPECT

- The Campers
- Your co-workers
- Yourself
- The Plebes, Midshipmen and Their Detailers – In the future, they will defend this country and will be sent into harm's way to protect your freedom.

USE APPROPRIATE LANGUAGE AND TONE

- Do not use foul or inappropriate language to or in front of a camper.
- Do not talk about alcohol or drugs to or in front of the campers.
- Do not talk about what you did the night before in front of the campers.
- Do not call a camper a name or any nick name that may be construed as derogatory or demeaning.

DRESS

- Wear your provided staff shirt to all sessions
- Wear athletic shoes. No sandals
- You will be representing the US Navy, The United States Naval Academy and Navy Lacrosse, be sure you are groomed and dressed appropriately.
 - o You should shave every day
 - o Your hair should be of a reasonable length.
 - o Your shorts should be athletic in nature, preferably ones from your school.
 - o Anything you wear should be respectful in nature towards our country.
 - o If you have any questions, just ask Coach Goers

- You will be issued 2 camp shirts. You will be expected to wear it whenever you are at a camp session. Staff shirt laundering will be provided.
- Wear your hat the right way. Take it off indoors.
- You must wear socks to King Hall (dining facility) (Sandals are appropriate with socks)
- Shirts must be tucked in when in King Hall.
- If you plan on attending church services a collared shirt and slacks are necessary.
- During all practice sessions you must wear an athletic shoe (no flip-flops, skater or “dude” shoes).

ON THE FIELD

- Wear your issued Navy camp T-shirt
- You are required to attend every session of camp. Be 5 minutes early for each session
- You must have a whistle for every session. You will be issued one on the first day
- **EVERY CAMPER GETS EQUAL PLAYING TIME!!!** Your job is to ensure that this happens every time for every session
- You are expected to give 100% of your effort for every session. If you are going to be a big dog at night, you can't be a puppy in the morning.
- Never touch a camper- you don't know their background or their history
- As per NCAA rules, there will be no body checks in all drills and games
- Report any on-field problems or concerns to your field boss or camp directors. Report any in-dorm problems or concerns to security or camp directors.
- **WE BELIEVE IN POSITIVE REINFORCEMENT.**

AFTER HOURS

- Enjoy Annapolis; it is a great town to experience in the summer.
- Again, If you are going to be a big dog at night, you can't be a puppy in the morning
- A fourth meal will be set up for all the staff after the final session of the night. Eat as much as you want.
- This is an active military base guarded by men with weapons that are authorized to use them. Keep this in mind when you are returning from downtown Annapolis. **BE RESPECTFUL TO THE MILITARY POLICE.**
- **ALWAYS, ALWAYS HAVE YOUR ID ON YOU.**

BANCROFT HALL

Bancroft Hall at the United States Naval Academy is the largest single dormitory in the world. Bancroft Hall, named after former Secretary of the Navy George Bancroft, is home for the entire brigade of 4,400 midshipmen, and contains some 1,700 rooms, 4.8 miles of corridors and 33 acres of floor space. All the basic facilities that midshipmen need for daily living are found in the hall. It is affectionately referred to as "Mother B" by Midshipmen. The Hall has been air conditioned since 2003.

BANCROFT HALL RULES

1. Never wear a cover (hat) inside the hall.
2. Do not wear cleated shoes in the hall.
3. Appropriate shoes or flip flops are required at all times.
4. No lacrosse balls are allowed in Bancroft Hall- any ball found will become the property of the United States Naval Academy.
5. When entering into another persons room you must first stand at the door way and ask permission to enter.
6. Windows are to remain secured (closed) at all times.
7. All campers are required to keep their rooms in a neat and orderly fashion. There is a uniformed military roving patrol that continuously walks through all of Bancroft hall's eight wings that may inspect any room at anytime. If you see a room that is particularly dirty, feel free to command them to clean their room.
8. At lights out place your trash can in the hall outside your door. In the morning return the empty trash can to your room.
9. **NO ALCOHOL, TOBACCO OR DRUGS ARE PERMITTED IN BANCROFT HALL**
10. No visitors are allowed in Bancroft Hall. All visitors must get a visitor badge from the camp command post.
11. No person of the opposite sex is allowed in your room while the door is closed. If there is a person of the opposite sex in your room, the door must remain propped open 90 degrees.

These rules apply to staff and campers alike. Assist security by reminding campers and staff of these rules should you see any problems.

KING HALL

The entire brigade eats at one time in a 55,000-square-foot dining area or wardroom, King Hall. Companies sit together, and food is served family style for breakfast and lunch, the typical daily diet adds up to about 4,000 calories and includes such dishes as steak, spiced shrimp, Mexican cuisine and home-baked pastries. All of the food for the 12,000 meals served daily is prepared by our food service staff in the kitchens adjacent to King Hall.

Please note: Allergies to common foods requiring special dietary considerations cannot be supported by King Hall and is a disqualifying condition for attending camp. Please email or call the camp director for more information (goers@usna.edu or 410.293.5548)

KING HALL RULES

1. All meals are mandatory
2. Eat with your team.
3. Remove your cover (hat) before entering the ward room.
4. Socks and shoes must be worn (sandals are appropriate).
5. Your shirt must be completely tucked in.
6. Food will be served once all the campers are seated at the table.
No one may begin to eat until everyone at the table is ready.
7. Food is served family style. Once everyone has one helping then you may have seconds. **MAKE SURE EVERYONE GETS TO EAT**
8. When leaving the dining hall you must push in your seat and arrange your silverware so the handles are at “3 o’clock”.
9. You may not bring lacrosse equipment into King Hall
10. No lacrosse balls are allowed in King Hall

DRUGS, TOBACCO, AND ALCOHOL

- DRUGS, TOBACCO, AND ALCOHOL ARE NOT PERMITTED.
- We will call the federal police. YOU WILL BE ARRESTED.

HONOR

- YOU ARE AT THE UNITED STATES NAVAL ACADEMY. WHILE YOU ARE HERE WE EXPECT YOU TO MAINTAIN THE HIGHEST STANDARDS OF HONOR AND INTEGRITY.
- “A MIDSHIPMAN DOES NOT LIE, CHEAT, OR STEAL.” And neither shall you on the grounds of this facility.

WHAT TO BRING

The Individual Overnight Camp is 5 calendar days long with up to 3 sessions per day; therefore you should pack clothes and supplies that will sustain you for the duration of camp.

Athletic clothing
Athletic socks
Undergarments
Cleated shoes
Tennis shoes
Swimsuit
Shower sandals (if desired)

Toiletries
Shampoo
Sunscreen
Twin-sized bed linens or sleeping bag
Pillow
Towels
Washcloth
Combination lock, if you want to lock up valuables (the rooms do not lock).
Fans are not necessary as the dorms are air conditioned.

WHAT NOT TO BRING

Drugs, Tobacco, or Alcohol
Firearms, explosives, or anything that may be construed as a weapon
Anything that may get you into trouble

CHECK-OUT PROCEDURES

We will begin to check out campers after the last session of camp. Each camper will be responsible for cleaning and straitening his own room. Once the room has been cleaned, a staff member will inspect the room and release the campers. Released campers will then take the shuttle bus with their belongings back to the Navy – Marine Corp Memorial Stadium (1953 Pavilion) where they will meet back up with their parents.

YOU WILL BE ASSIGNED A SPECIFIC CHECK OUT DUTY WHEN YOU COME TO CAMP

IMPORTANT PHONE NUMBERS

The Camp Hotline and Camp Director's office phone will be manned 24 hours a day during camp.

Camp Hotline – (410) 293-5548

Camp Director Office Number – (410) 293-5548

Camp Directors Cell Phone Numbers:

Coach Goers: (443) 336-3714

DIRECTIONS TO USNA

From Washington, DC

Take US Route 50 East for 35 miles

Get off on Rowe Blvd., Exit 24.

Take Rowe Blvd 0.6 miles to TAYLOR AVE

Make a right turn onto TAYLOR AVE.

Go 0.3 miles and turn right into Gate 5 of Navy-Marine Corps Memorial Stadium and enter the parking lot.

Go straight to the Blue side of the Stadium

From Baltimore

Take either I-97 South or MD Rt 2 South for 26 miles

Get off on Rowe Blvd., Exit 24.

Take Rowe Blvd 0.6 miles to TAYLOR AVE

Make a right turn onto TAYLOR AVE.

Go 0.3 miles and turn right into Gate 5 of Navy-Marine Corps Memorial Stadium and enter the parking lot.

Go straight to the Blue side of the Stadium

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The stadium address is:

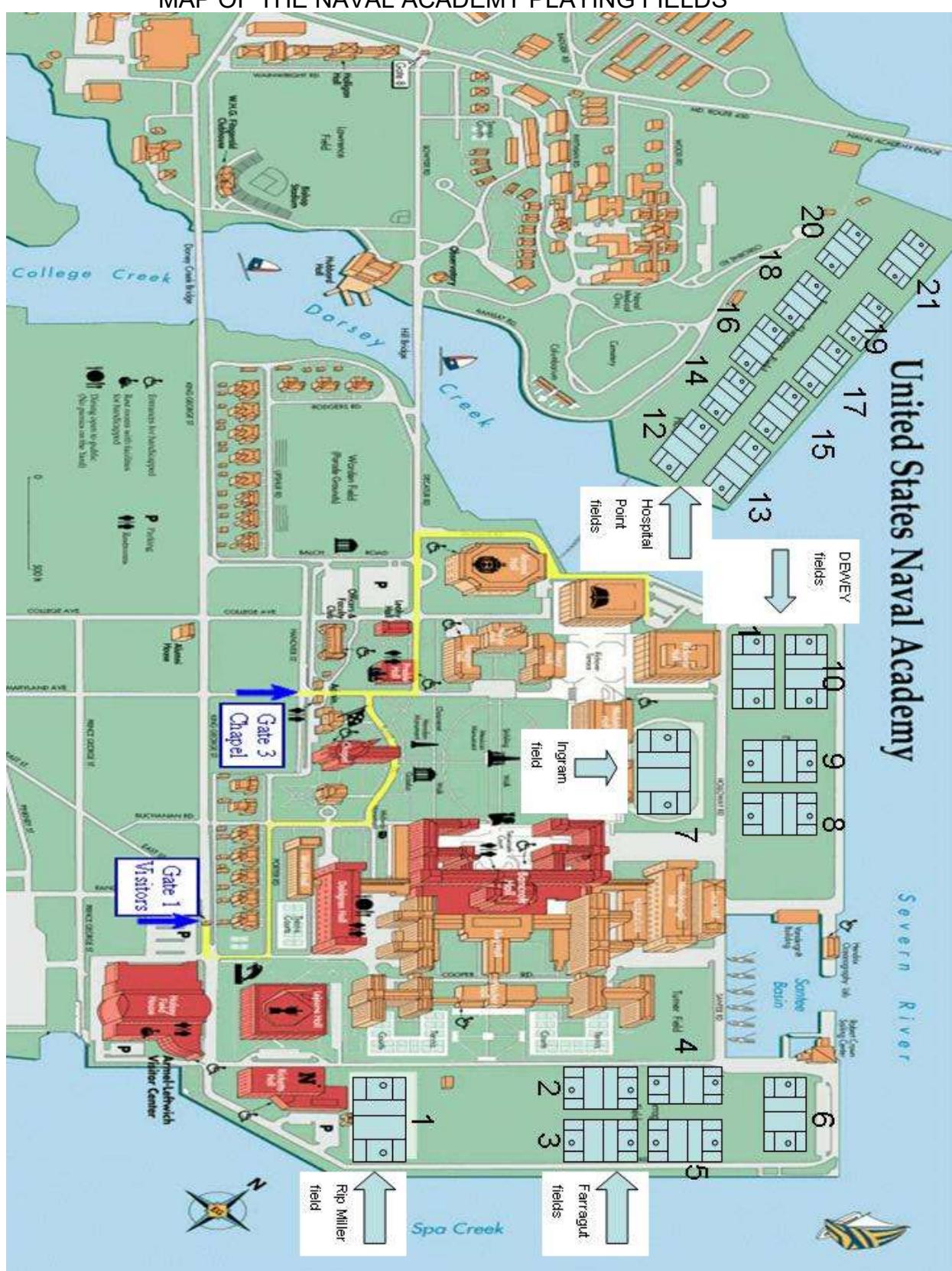
Navy-Marine Corps Memorial Stadium

550 Taylor Ave,

Annapolis, MD 21401

United States Naval Academy

Severn River



Staff Check In Map & Directions

- After picking up your drive on pass at gate 1 Take an immediate left.
- When you get to the roundabout, go left on Brownson Rd (3rd exit off the roundabout)
- Park in any legal parking spot.
- Follow the signs for Navy Lacrosse Camp
- Enter the appropriate door (path will be marked with signs)
- Go to the command center at room 4023

