



**2020 INDIVIDUAL OVERNIGHT
INFORMATION AND RULES PACKET**

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DO NOT BRING LACROSSE BALLS TO CAMP

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

SECURITY PROCEDURES/CHECK-IN

The Security Department at the U. S. Naval Academy has told us to conduct our initial Check-in/ Security screening for our camp at the Navy-Marine Corps Memorial Stadium Blue side parking lot.

All campers will park at the Navy- Marine Corps Memorial Stadium and get onto the complimentary shuttle buses. This shuttle will transport the camp/parents onto the Academy grounds. Parents are more than welcome to ride the complimentary shuttle as well on a space available basis (our priority will be to get as many campers on the yard as fast as possible in order to start the camp on time). No personal vehicles will be granted access to the "Yard". I encourage all campers to pack judiciously, bringing only the items that they will need. **PLEASE ENSURE ALL YOUR BAGGAGE IS CLEARLY IDENTIFIED WITH YOUR NAME AND ADDRESS.**

I hope you can understand the necessity of this extra step to ensure your child's safety and well-being while visiting the Naval Academy.

ALL CAMPERS MUST CHECK IN AT THE NAVY- MARINE CORPS MEMORIAL STADIUM.

Registration at the Navy-Marine Corps Memorial Stadium parking lot (Blue side) will be held on the following dates:

Individual Overnight CAMP 1 (grad years 2021-2022): July 7th 1:00PM - 1:30PM

Individual Overnight CAMP 2 (grad year 2022-2023): July 11th 1:00PM - 1:30PM

Individual Overnight CAMP 3 (grad year 2023-2024): July 15th 1:00PM - 1:30PM

Individual Overnight CAMP 4 (grad years 2023-2024): July 24th 1:00PM-1:30PM

A map of the Navy-Marine Corps Memorial Stadium is provided on the last page.

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

An Athletic Trainer will be on hand at registration to handle any special medical concerns.

DO NOT BRING LACROSSE BALLS TO CAMP

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

- Your Shipmates
- Your Coaches
- Other People on the Yard
- 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

- Listen to your coaches; look them in the face when they are talking to you.
- Do what you are instructed to do. WE WILL TELL YOU ONLY ONCE. We expect you to listen.
- Respond when you are spoken to.

DRESS

- You will be issued a camp jersey. You will be expected to wear it whenever you are at camp.
- 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.

ON THE FIELD

- Wear your issued tank top to all sessions (you will receive the tank top at check in).
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- All NCAA mandated equipment (Helmet, mouthpiece, shoulder pads, elbow pads and gloves) must be worn for every session.
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- You must bring your issued water bottle to every session (we will issue you a water bottle at check in).
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- You are required to attend every session of camp. If you are injured the athletic trainers will treat your injury. Only an athletic trainer may excuse you from a session.
- As per NCAA rules, there will be no body checks in all drills and games.
- Foul and inappropriate language will not be tolerated.
- You are expected to give 100% of your effort for every session.

OFF THE FIELD

- It is important to follow directions at all times.
- Stay in the camp area. You are not permitted to leave the camp area without proper escort.
- Do not engage in an activity that is not sponsored or supervised by the Navy Lacrosse Staff.
- Be courteous to the Plebes, their Detailers, and all Midshipmen at all times.
- Remember that Plebes marching in formation or engaged in Physical Training have the right of way at all time. Please clear a path for them to get through.
- Your conduct is a direct reflection of your parents and our camp.
- DO NOT BRING A LACROSSE BALL TO CAMP. DO NOT BRING ANY LACROSSE BALLS INTO BANCROFT HALL. Any lacrosse ball found in Bancroft Hall is considered to be the property of the US Naval Academy.
- KEEP AWAY FROM SEAWALL AND ROCKS.
- Be respectful and courteous to Academy Staff if they speak to 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. You must wear your reversible at all times.
4. Appropriate shoes or flip flops are required at all times.
5. The door to your room must remain propped open until lights out.
6. No lacrosse can be played in the hall
7. No lacrosse balls are allowed in Bancroft Hall- any ball found will become the property of the United States Naval Academy.
8. When entering into another persons room you must first stand at the door way and ask permission to enter. You may enter only when permission is granted.
9. Windows are to remain secured (closed) at all times.

10. 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.

11. At lights out place your trash can in the hall outside your door. In the morning return the empty trash can to your room.

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. Remove your cover (hat) before entering the ward room.
2. Socks and shoes must be worn (sandals are appropriate).
3. Your shirt must be completely tucked in.
4. 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.
5. Food is served family style. Once everyone has one helping then you may have seconds.
6. When leaving the dining hall you must push in your seat and arrange your silverware so the handles are at "3 o'clock".
7. You may not bring lacrosse equipment into King Hall
8. No lacrosse balls are allowed in King Hall

DRUGS, TOBACCO, AND ALCOHOL

- DRUGS, TOBACCO, AND ALCOHOL ARE NOT PERMITTED.
- We will not call your parents. 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.

SWIM TEST

- Everyone who wants to swim in our pools will be required to take a swim test on the first day of camp. The test consists of swimming one length of the pool and treading water for one minute. You must pass to swim

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CAMPUS TOURS

An optional campus tour will be offered on the first day. NOTE: due to the security requirements of the Naval Academy, campers cannot explore the campus by themselves.

WHAT TO BRING

The Extended Position Camp is 5 calendar days long with up to 3 sessions per day; therefore each camper should pack clothes and supplies that will sustain them 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
Extra spending money (not required)
Combination lock, if you want to lock up valuables (the rooms do not lock).
Medication, if necessary, for the appropriate amount of days
Fans are not necessary as the dorms are air conditioned.
Collared shirt and slacks if your son plans on attending church services

ALSO: all required NCAA Lacrosse Equipment must be worn for all sessions:

Helmet
Gloves
Arm Pads
Shoulder Pads
Stick
Mouthpiece

NOTE: Although we supply the Helmet, gloves, shoulder pads and elbow pads, we ask you to bring your own just in case there are any break in issues with the e new equipment

WHAT NOT TO BRING

Drugs, Tobacco, or Alcohol
Firearms, explosives, or anything that may be construed as a weapon
Lacrosse Balls – we will supply all you need
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 where they will play their last game and get picked up

YOU WILL PICK UP YOUR CHILD ON THE LAST DAY OF CAMP AT THE NAVY–MARINE CORPS MEMORAIL STADIUM

Check–out times are as follows:

Individual Overnight CAMP 1 (grad years 2021–2022): July 11th 10:30AM

Individual Overnight CAMP 2 (grad year 2022–2023): July 15th 10:30AM

Individual Overnight CAMP 3 (grad year 2023–2024): Friday, July 19th 10:30AM

Individual Overnight CAMP 4 (grad years 2023–2024): July 28th 10:30AM

PARENTS AT CAMP

Parents and relatives are always welcome to watch any session of our camp. The best way to find your son is to ask anyone of our staff members wearing a "gold shirt". Please keep in mind that due to security concerns we will not be able to issue any parking passes. You will need to park off of the yard and walk onto the Academy. You and all members of your family above the age of 16 will be required to show a valid picture ID to the gate guards in order to walk onto the "yard".

If you wish to check your son out of camp early or on a temporary basis (dinner with the family, etc.) you will need to make prior arrangements with the staff director (410.293.5548) and sign him out with the camp security officer. We will only check out a camper to an adult member of his immediate family unless prior arrangements have been made with the camp director. Once you return your son to camp you will need to log him back in with the camp security officer.

While watching your son at camp, you must remain off the fields at all times.

IMPORTANT PHONE NUMBERS

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

Camp Hotline – (410) 293-5539

Camp Director Office Number – (410) 293-5548

Camp Directors Cell Phone Numbers:

Coach Goers: (443) 336-3714

**** IF YOU ARE UTILIZING THIS SERVICE YOU MUST FILL OUT THE TRAVEL FORM ON-LINE!!****

AIRPORT/ TRANSPORTATION INFORMATION

. Free curb-side transportation is provided to and from Baltimore/Washington International Airport/Train Station at the following specified times. Please be sure to fill out the online travel form to ensure we pick up your son. NOTE: This is a curb side service only. Very young campers who are utilizing the “unaccompanied minor” service through their airline cannot use our free shuttle service.

Pick up at BWI on the day camp starts at 11:30 a.m.

Drop off at BWI on the last day of camp is 12:00 p.m.

WHERE TO MEET CAMP STAFF WHEN YOU GET TO BWI

Once your son arrives at BWI airport he will need to pick up his baggage and then head over to baggage carousel 13 & 14 to meet our staff. We will have multiple staff at the airport who will be either in a blue navy lacrosse “coach” T- shirt or in their Military dress white uniform. A list of staff names at the airport will be e-mailed to you the day before your son departs for camp.

Once your son checks in with us we will hand him a cell phone and tell him to call home.

WHERE THE CAMP SHUTTLE WILL DROP YOU OFF AT BWI AFTER CAMP

At the end of camp, our shuttle will drop each camper off in front of their airline's departure area. A representative of our camp will direct each camper towards his ticket counter.

UNACCOMPANIED MINORS FLYING INTO/ OUT OF BWI

Each individual airline has its own policies regarding minors on their flights. If your son will be flying alone, you should contact your choice of airline about their rules governing minors on their flights. In some instances, if your child is very young, your airline will require him to have a designated chaperone. **If your son is in this category, he will not be able to use our free shuttle service.** Due to the large amount of campers flying into and out of the airport for each session of camp, our staff cannot act as a personal chaperone for any individual camper.

DELAYED/ CHANGED FLIGHTS

If you have filled out our on-line travel form and if your son's flight is delayed for any reason we will still pick him up!! We will have staff at the airport until every camper is picked up and brought to the Academy. However, if you do not complete the on-line travel form we will not know to wait for your son and may not even have staff at the airport at that time. PLEASE fill out the on-line travel form.

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

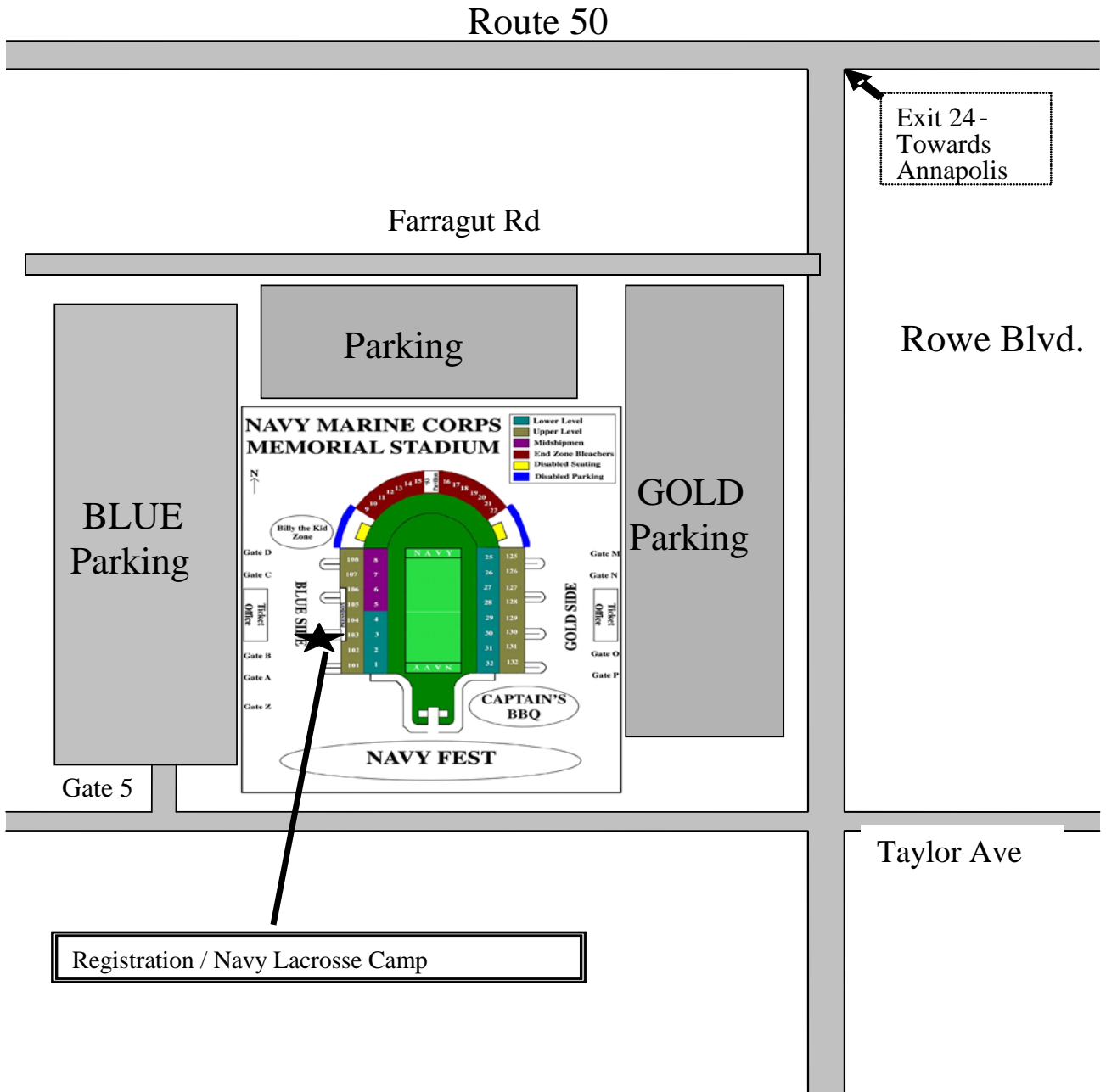
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The stadium address is:

Navy-Marine Corps Memorial Stadium

304 Farragut Rd

Annapolis, MD 21401-2220



DO NOT BRING LACROSSE BALLS TO CAMP

CANCELLATION POLICY

No refunds will be made in the event of interruption or cancellation by any camper or parent after commencement of the camp. Requests for refunds must be made utilizing the online registration site <https://register.navylacrosseamps.com> or in writing via registered mail to Navy Lacrosse camps 566 Brownson Rd Annapolis MD 21402. Refund processing time is about 3-4 weeks.

Enrollments that are not paid in full by the final payment due date are subject to cancellation and in the event an enrollment is canceled, a cancellation fee will apply.

No refunds will be given on any camp for no-shows

No refunds will be given for any missed days of a camp.

Navy Lacrosse Camps' Payment and Cancellation Policy is subject to change without notice.

CAMP CANCELLATION FEE SCHEDULE

Days prior to the first day of camp:

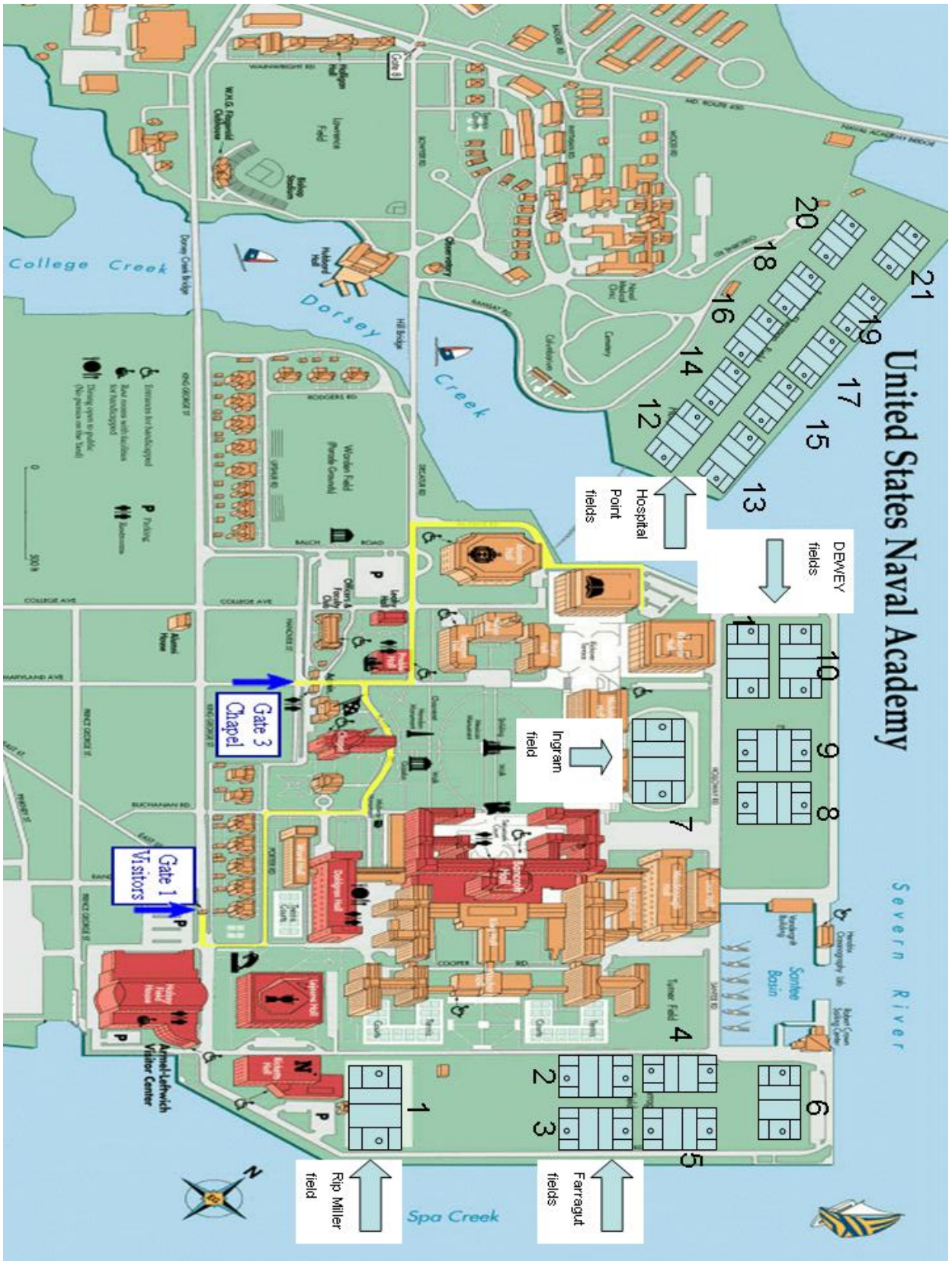
280-31 days: 10% of the camp tuition

30-14 days 25% of the camp tuition

13-1 days: 50% of the camp tuition

Day camp starts or later: complete forfeit of tuition

MAP OF THE NAVAL ACADEMY PLAYING FIELDS





INDIVIDUAL OVERNIGHT LACROSSE CAMP ITINERARY (IOC)

| | | | | |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-------------------------------|
| Day "one" | | | | |
| 9:00AM Staff check in | | | | |
| 10:00 Staff meeting | | | | |
| 11:30 Staff Lunch | | | | |
| 1:00 PM Check in begins | | | | |
| 1:30 PM Check in ends | | | | |
| 2:00 PM Camp meeting | | | | |
| 2:30 PM Equipment issue | | | | |
| 3:15 PM Tour | | | | |
| 4:50 PM muster for dinner | | | | |
| 5:00 PM Dinner | | | | |
| 6:00 PM Muster & Roll Call | | | | |
| 6:15 PM Session 2 | | | | |
| 9:15 PM free time/ movie/ pool | | | | |
| 10:30 PM Lights out/ bed check | | | | |
| | Day "two" | Day "three" | Day "four" | Day "five" |
| | 7:30 AM Wake up | 7:30 AM Wake up | 7:30 AM Wake up | 6:30 AM Wake up |
| | 7:45 AM Muster for breakfast | 7:45 AM Muster for breakfast | 7:45 AM Muster for breakfast | 6:45 AM Muster for breakfast |
| | 8:00 AM Breakfast | 8:00 AM Breakfast | 8:00 AM Breakfast | 7:00 AM Breakfast |
| | 9:00 AM Muster & roll call | 9:00 AM Muster & roll call | 9:00 AM Muster & roll call | 8:00 AM Final room inspection |
| | 9:15 AM Session 3 | 9:15 AM Session 6 | 9:30 AM Depart for TAC | 8:30 Muster & roll call |
| | 11:15 PM Camp weight training | 11:15 PM Camp weight training | 9:45 AM Tarzan Assault Course | 9:00 AM Session 12 |
| | 12:30 PM Lunch | 12:30 PM Lunch | 12:25 Muster for Lunch | 10:30 Camp ends |
| | 1:30 PM Film | 1:30 PM Film | 12:30 PM Lunch | |
| | 2:00 PM Session 4 | 2:00 PM Session 7 | 1:30 PM Film | |
| | 4:00 PM return to dorms | 4:00 PM return to dorms | 2:00 PM Session 10 | |
| | 4:50 PM muster for dinner | 4:50 PM muster for dinner | 4:00 PM return to dorms | |
| | 5:00 PM Dinner | 5:00 PM Dinner | 4:50 PM muster for dinner | |
| | 6:15 PM Muster & Roll Call | 6:15 PM Muster & Roll Call | 5:00 PM Dinner | |
| | 6:30 PM Session 5 | 6:30 PM Session 8 | 6:15 PM Roll call | |
| | 9:15 PM free time/ movie/ pool | 9:15 PM free time/ movie/ pool | 6:30 PM Session 11 | |
| | 10:30 PM Lights out/ bed check | 10:30 PM Lights out/ bed check | 9:15 PM free time/ movie/ pool | |
| | | | 10:30 PM Lights out/ bed check | |

Note: times, locations and facilities may change due to inclement weather, special events or facility availability.