



STAFF

2019 SUMMER LACROSSE CAMP INFORMATION AND RULES PACKET

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

WHERE TO REPORT

Pick up your parking pass outside Gate 1 (directions on page 16) at 5PM.
Go to Bancroft Hall 3rd Wing, Room 3030 (Command center to sign up for a room and move in)

STAFF REPORT DATE: 19 July 5:00PM

STAFF CHECK IN DAY (July 19)

5:00pm Pick up our parking pass at gate 1 (see directions & Map)
3:00-5:30pm Go to the Command Center (Room 3030) to sign up for your room and move in.
6:30pm Dinner in King Hall
7:00pm CAMP STAFF brief (Attendance required)
7:30pm Staff Fire Drill
7:45pm Finished- Enjoy downtown Annapolis

DAY 1 (July 20)

7:00am Wake up
7:30am Staff Breakfast
8:15am Stadium staff gets on bus for stadium duty
8:45am Bancroft Hall staff on duty
9:00am check in begins

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

IMPORTANT NOTE: Keep in mind that the United States Naval Academy is an active military base and we are a nation at war. 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 and will 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 person ' s 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 Extended Position Camp is 4 calendar days long with up to 4 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
Combination lock, if you want to lock up valuables (the rooms do not lock).
Fans are not necessary as the dorms are air conditioned.
Collared shirt and slacks if you plan on attending church services

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

CHURCH SERVICES

If the camp that you are enrolled in runs through a Sunday you will have the opportunity to attend church services. These services are offered in the morning and are completely optional. Typically the protestant services are at 11:00AM and the Catholic mass is at 9:00AM (times are subject to change). If you plan on attending, you will need to bring a collared shirt and slacks. Since the church services are held at the same time as a camp session, all those that attend church will miss that morning 's camp session.

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) 293-5539

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 and get off on **Rowe Blvd., Exit 24.**

Take Rowe Blvd. 1.6 miles to where it dead-ends at **College Ave.** - make a **left turn.**

Go to the first stop light, this will be **King George St.** - make a **right turn.**

Follow King George St. for two blocks and you will see **Gate 1.**

Go through Gate 1 and tell the guard that you are picking up a parking pass.

They will direct you to the 15 minute parking area directly to your right.

Look for a Navy Lacrosse coach (blue T-shirt with the word "Coach" written in Gold.)

He will have your parking pass.

After you get the pass, go back through Gate 1 and show the guard your pass.

Take an immediate left after the guard shack. Go straight (you will pass tennis courts on your left). Once you pass Dahlgren hall (a big stone building with a large arched entrance) park anywhere you can and head for 6th wing Bancroft Hall. There will be signs posted.

Look for a sign that says "Navy Lacrosse Staff Check in" go through that door.

The camp command center will be right in front of you.

From Baltimore:

Take either **Interstate 97 South** or **Maryland Route 2 South** for 26 miles and get off on **Rowe Blvd., Exit 24.**

Take Rowe Blvd. 1.6 miles to where it dead-ends at **College Ave.** - make a **left turn.**

Go to the first stop light, this will be **King George St.** - make a **right turn.**

Follow King George St. for two blocks and you will see **Gate 1.**

Go through Gate 1 and tell the guard that you are picking up a parking pass.

They will direct you to the 15 minute parking area directly to your right.

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Look for a sign that says "Navy Lacrosse Staff Check in" go through that door.

The camp command center will be right in front of you.

In Annapolis:

Take **Rowe Blvd.** 1.6 miles to where it dead-ends at **College Ave.** - make a **left turn**.

Go to the first stop light, this will be **King George St.** - make a **right turn**.

Follow King George St. for two blocks and you will see **Gate 1**.

Go through Gate 1 and tell the guard that you are picking up a parking pass.

They will direct you to the 15 minute parking area directly to your right.

Look for a Navy Lacrosse coach (blue T-shirt with the word "Coach" written in Gold.)

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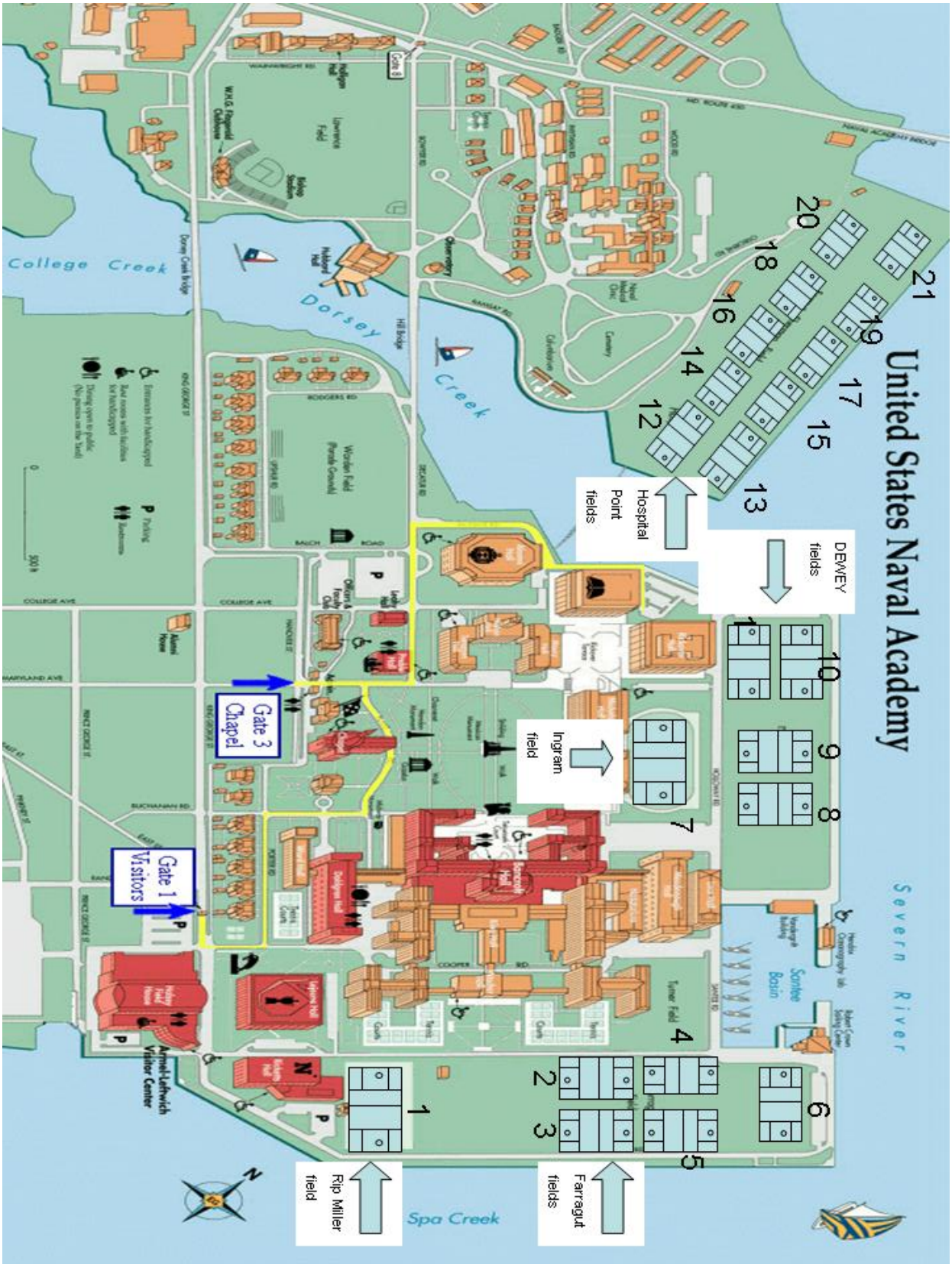
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Look for a sign that says "Navy Lacrosse Staff Check in" go through that door.

The camp command center will be right in front of you.

MAP OF THE NAVAL ACADEMY PLAYING FIELDS



NAVY LACROSSE CAMP ITINERARY (STAFF VERSION)

STAFF CHECK IN DAY (July 20)

5:00pm Pick up our parking pass at gate 1 (see directions & Map)
3:00-5:30pm Go to the Command Center (Room 3030) to sign up for your room and move in.
6:30pm Dinner in King Hall
7:00pm CAMP STAFF brief (Attendance required)
7:30pm Staff Fire Drill
7:45pm Finished- Enjoy downtown Annapolis

DAY 1 (July 21)

7:00am Wake up
7:30am Staff Breakfast
8:15am Stadium staff gets on bus for stadium duty
8:45am Bancroft Hall staff on duty
9:00am check in begins
11:15am start sending campers to Glen Warner soccer stadium for camp brief (Wesley Brown field house is rain alternate)
11:30am Opening brief by Coach Sowell and camp rules brief by Coach Goers
12:00am Fire drill. campers meet in the corral
12:30pm LUNCH. Campers are sent in as teams after the fire drill
1:00pm Optional campus tour
1:30pm Camp muster in the corral
1:45pm SESSION 1 starts
 Goalies to Farragut Astro Play
 Attack & Defense to Farragut fields
 Midfielders to Dewy field & Ingram field
4:00pm Session 1 ends
4:45pm Muster in the Corral for Dinner. Campers are sent in by teams
5:00pm DINNER
5:45pm Optional Campus tour
6:30pm Camp muster in the Corral
6:45pm SESSION 2 starts
 Goalies to Farragut Astro Play
 Attack & Defense to Farragut fields
 Midfielders to Dewy field & Ingram field
8:30pm SESSION 2 ends
9:15pm Leadership brief for HS campers
9:15pm Pool opens
10:15pm return to rooms
10:30 Light out

DAY 2

7:30am Wake up
7:45am Muster for breakfast
8:00am Breakfast (mandatory)
9:00am Camp muster in the corral
9:15am SESSION 3 Starts
11:15am SESSION 3 ends
11:45am Muster in the Corral for lunch
12:00 LUNCH (mandatory)
1:00 PM Optional campus tour
(sign up for tour at command center)
1:30 PM Muster & Roll Call
1:45 PM Session 4
4:15 PM return to dorms
4:50 PM muster for dinner
5:00 PM Dinner
5:45 PM Optional campus tour
(sign up for tour at command center)
6:30 PM Muster & Roll Call
6:45 PM Session 5
8:45 PM return to dorms
9:15 PM free time/ movie/ pool/
Optional lecture
10:30 PM Lights out/ bed check

Day 3

7:30 AM Wake up
7:45 AM Muster for breakfast
8:00 AM Breakfast
9:00 AM Muster & roll call
9:15 AM Session 6
11:15 AM Return to dorm
11:50 Muster for Lunch
12:00 PM Lunch
1:00 PM Optional campus tour
(sign up for tour at command center)
1:30 PM Muster & Roll Call
1:45 PM Session 7
4:15 PM return to dorms
4:50 PM muster for dinner
5:00 PM Dinner
5:45 PM Optional campus tour
(sign up for tour at command center)
6:30 PM Muster & Roll Call
6:45 PM Session 8
8:45 PM return to dorms
9:15 PM Clean rooms/ free time/ movie/ Optional lecture
10:30 PM Lights out/ bed check

Day 4

6:30 AM Wake up

6:45 AM Muster for breakfast

7:00 AM Breakfast

8:00 AM Muster & roll call

8:15 AM Session 6

10:15 AM Return to dorm

10:30 AM Final room inspection

11:00 first shuttle arrives at the stadium.

11:45 (approx) final shuttle arrives. Camp closes.

Staff Check in Day Map & Directions

- After picking up your drive on pass at gate 1 drive straight through the gate.
- When you get to the roundabout, go left on Brownson Rd (3rd exit off the roundabout)
- Take a left on Santee Rd
- After you pass Luce Hall take a left into the mid store parking lot
- Park in any legal parking spot.
- Go up the stairs just to the right of the midshipmen store
- Enter the appropriate door (path will be marked with signs)
- Go to the command center at room 3030

