



**2019 SUMMER LACROSSE CAMP
INFORMATION AND RULES PACKET**

**DO NOT BRING ANY LACROSSE BALLS
TO CAMP**

PHONE NUMBER: 410.293.5548
EMERGENCY ONLY 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

TABLE OF CONTENTS

| <u>Context</u> | <u>page</u> |
|--------------------------------------|-------------|
| Security/ Check in information | 3 |
| Rules and Regulations | 4 |
| Bancroft Hall | 5 |
| King Hall/ Food Allergies | 6 |
| What to bring/ what not to bring | 8 |
| Check out procedures | 9 |
| Parents at camp | 10 |
| Important phone numbers | 10 |
| On line registration system | 11 |
| Airport/ transportation information | 16 |
| Unaccompanied minors flying into BWI | 17 |
| Directions to USNA | 18 |
| CANCELLATION POLICY | 20 |
| Map of the playing fields at USNA | 21 |
| Sample Itinerary | 22 |

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.**

Those campers utilizing the Navy Lacrosse Camp free shuttle to/from BWI will also have to stop at the security check point before continuing onto the Yard.

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 date:

OVERNIGHT CAMP: Saturday, July 20th 9:00 a.m. - 10:15 a.m.

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.
- If you plan on attending church services a collared shirt and slacks are necessary.

ON THE FIELD

- Wear your issued tank top to all sessions (you will receive the tank top at check in).
- All NCAA mandated equipment (Helmet, mouthpiece, shoulder pads, elbow pads and gloves) must be worn for every session.
- You must bring your issued water bottle to every session (we will issue you a water bottle at check in).
- 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 doorway 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. You 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". Tables are dismissed individually.
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. No one has ever failed the swim test so don't get overly nervous about the test.

CAMPUS TOURS

Optional campus tours will be offered throughout camp. To sign up for a tour, the camper will need to go to the command center to sign up. The command center will be located in a convenient location in Bancroft hall and is manned 24 hours a day. NOTE: due to the security requirements of the Naval Academy, campers cannot explore the campus by themselves. All campers wishing to see more of the campus must go to the command center to sign up for a tour.

From time to time, weather, security or other unforeseen conditions may warrant that a campus tours be modified or cancelled.

WHAT TO BRING

The Extended Position Camp is 4 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: NCAA Regulations forbid the Navy Lacrosse Camp from lending any type of equipment or apparel.

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

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.

Some parents choose to park as close to the "yard": as possible and pick their sons up directly from the dorms. If you choose this option please inform one of our staff members in a "gold" shirt so that we can account for your son. Please remember that we will not be able to issue any parking passes and that everybody above the age of 16 will need a picture ID to walk onto the yard.

YOU WILL PICK UP YOUR CHILD ON THE LAST DAY OF CAMP AT THE NAVY-MARINE CORPS MEMORAIL STADIUM (1953 PAVILION).

Check-out times are as follows:

OVERNIGHT CAMP: Tuesday, July 23rd 10:30 AM**

**10:30 is the time that campers typically begin to get released from their cleaned rooms. If your son is particularly messy you may anticipate a slightly later release time.

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 are required to stay off the playing field 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:

Emergencies only please. Coach Goers: (443) 336-3714

CAMPER ON LINE INFORMATION & REGISTRATION SYSTEM

The Camper on-line Information and registration site is designed to give you (the parent) as much control as possible of your child's vital information and registration requests.

We have designed the system to be as user friendly as possible while ensuring your families privacy.

www.navylacrosseccamps.com

TIPS & INFORMATION ABOUT THE ON-LINE REGISTRAION SITE

- 1) You can change your son's information, team & room selections as many times as you want up until two weeks before the start of camp by logging back into the site (you'll need your email and password to gain access to your son's file)
- 2) Two weeks before camp starts the site will lock you out of any additional changes. We do this so we can begin final preparation for camp.
- 3) In order to pick a room you must first pick a team. Each team is assigned its own block of rooms so they sleep in the same area. Once you select a team the block of rooms will open up.
- 4) In order to be in the same room you will need to select the same team.
- 5) Once all the forms are filled out the payment page will be available.
- 6) The payment page is not real time. It can take up to a week for the site to read "Paid". Please be patient. As long as you received a confirmation email stating your payment you are all set.

HOW TO LOG BACK ONTO THE WEB SITE

- 1) Type in www.navylacrosseccamps.com into your web address bar (not on google or yahoo). On the left hand side enter your email and password and click log in.
- 2) Click on "select" next to your son's name and click on what ever page you would like to edit.

Note: If you forget your password click on the "I forgot my password link".

HOW TO FILL OUT THE TRAVEL INFORMATION FORM

- 1) Log onto the site as described above.
- 2) Click on [Edit/View] next to the travel information form
- 3) Fill out the travel form completely

NOTE: If we are not picking you up at the airport please click on "NO" next to do you need assistance at the airport.

HOW TO PICK A TEAM

- 1) Log onto the web site as described above
- 2) click on [Edit/View] next to the team selection area.
- 3) Verify that your son is in the right division and his position is correctly identified and hit save.

NOTE: If you need to make changes to his division or position just click on the down arrow next to the appropriate category then hit save.

- 4) Pick a team. If you have no preference then click on no preference. NOTE: the number next to the team represents how many spaces for your position are still available.

NOTE: All the teams are the same. The teams are named after Navy ships. You must pick a team if you want to pick a roommate

NOTE: If you have no preference of a team we ask that you choose no preference for team as this will allow friends to better match up with each other.

HOW TO PICK A ROOMMATE

- 1) Log onto the site as described above.
- 2) Pick a team as described above. NOTE: you must first select a team before you can select a room. Each team is assigned it's own area in the dorm so everybody on that team will be in rooms next to each other.
- 3) click on [Edit/View] next to the room selection area.
- 4) Pick the type of room you want (no preference, 2-person room, three person room or 4-person room) OR, if you see your friend's name listed click in the bubble next to his name.
- 5) Click on save. Once you select a room (and there is space available in your room) other campers will be able to pick you as a roommate.

NOTE: If you don't have an interest in rooming with anyone in particular we ask that you choose no preference for your room and team as this will allow friends to better match up with each other.

NOTE: If you change your team you will have to update your room request.

NOTE: If you have two brothers who are in different divisions and they want to room together please email the camp at goers@usna.edu and I can hand place them about two weeks before camp starts. Please identify your camp and all the campers involved in the email. If the campers have different parents then I will need an email from all the parents involved stating their approval.

HOW TO PAY

- 1) log into the site as stated on the previous page.
- 2) Complete all the sections (Camper information, Medical Form, Custodial form, Travel information, Emergency contact, Team selection and room selection)
- 3) Once the other sections are completed the payment section will appear.
- 4) Click on pay now and pay with a credit card or mail in a check

NOTE: The payment section is not real time. Once you pay the web site will still read “pending”. This can take up to ten days to switch. PLEASE DO NOT PAY AGAIN. As long as you received a confirmation email of payment you are all set.

FREQUENT QUESTIONS:

Q: How do I pick a team that is the right age group for my son?

A: The system will use two criteria to limit your choices to the teams relevant to your son. Before you pick his team, the system will use his age to put him into a division. These Divisions are: Submarine (ages 10-11), Destroyer (ages 12-13), Battleship (ages 14-15) and Carrier (ages 16+). Once your son is put into a division the system will use his requested position to limit him to the teams in his division that need his position.

Q: What if my son is really good or really new to the sport and wants to play in a different division than the other campers his age?

A: Not a problem, using this new system you will be able to select a different division allowing your son to play where he will be most challenged. However, we strongly encourage campers to play in the division of their peers.

Q: If your system uses his selected position to limit him to the teams that only need his position, what happens if I listed several positions for him?

A: The system will ask you for his preferred position

Q: Can I switch my son's position?

A: Yes, if there is space available for that position. Simply change your son's primary position on his enrollment page.

Q: How do I make sure my son is in a room of his peers?

A: After he has selected a team he will be able to select his actual room. Each team has a block of rooms assigned to it. Once he selects his room his first name, last initial and age will pop into the room. If a room is filled he will not be able to select it.

Q: How do I ensure that my son rooms with his buddies?

A: Make sure all his buddies choose to play on the same team as him. This will open up the block of rooms assigned to that team. Then select the same room as your friends. Remember, this is a real time system so it won't allow more campers to select a room than can actually fit.

Q: Do I have to select a team and/or a room?

A: No, in fact if you have no preference I ask that you select the option for no preference so that the guys who do have a preference can get their roommates. If you have no option you will be put on a team from your division that needs your position.

Q: Can I switch rooms once I have selected a room?

A: Yes, you can switch rooms as often as you like up until two weeks before camp starts.

Q: Can I switch teams after I have selected a team?

A: Yes, you can switch teams as often as you like up unto two weeks before camp. Please keep in mind that if you switch teams you will need to select a new room.

Q: When is the last time I will be able to make a change in my enrollment?

A: We will lock the system for changes two weeks prior to the start of camp so we can start sending all the information that we have to be processed and printed.

Q: Will I still be able to log on and see my son's information after the system has been locked?

A: Yes, you will have access to your son's info at all times, you will not be able to change anything within that two week time frame before

camp.

Q: How can I make an important or critical change to my son's flight or medical information if the system has been locked within two weeks of camp?

A: You will need to call/email the office and we will enter the new information for you (you will be able to confirm this change by logging on and checking your son's info

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

AIRPORT/ TRANSPORTATION INFORMATION

. **Free** 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.

OVERNIGHT CAMP

Pick up at BWI on Saturday, July 20th 8:30 a.m. – 10:00 a.m.

Drop off at BWI on Tuesday, July 23rd 1:00 p.m.**

**Please note: Our drop off time of 1:00 p.m. is the latest that your son will arrive at the airport. Depending on traffic and external variables, your son may arrive at the airport before the 1:00 p.m. drop off time.

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.

EARLY PICK UP

For those campers flying in from distant places and wish to arrive the night before camp begins, you may fly in the night before camp starts and we will pick you up at the BWI airport. There is an additional fee of \$105 for this service. The fee covers the extra transportation, extra night of supervision, dinner, and breakfast. You will receive a bill for this service beforehand. You may also use your son's camp bank account to pay for the service.

We ask that you fill out the on-line travel form as soon as possible. Please try to arrange your son's flight so that he arrives as close to 7:00PM on the night before camp.

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. 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.

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.

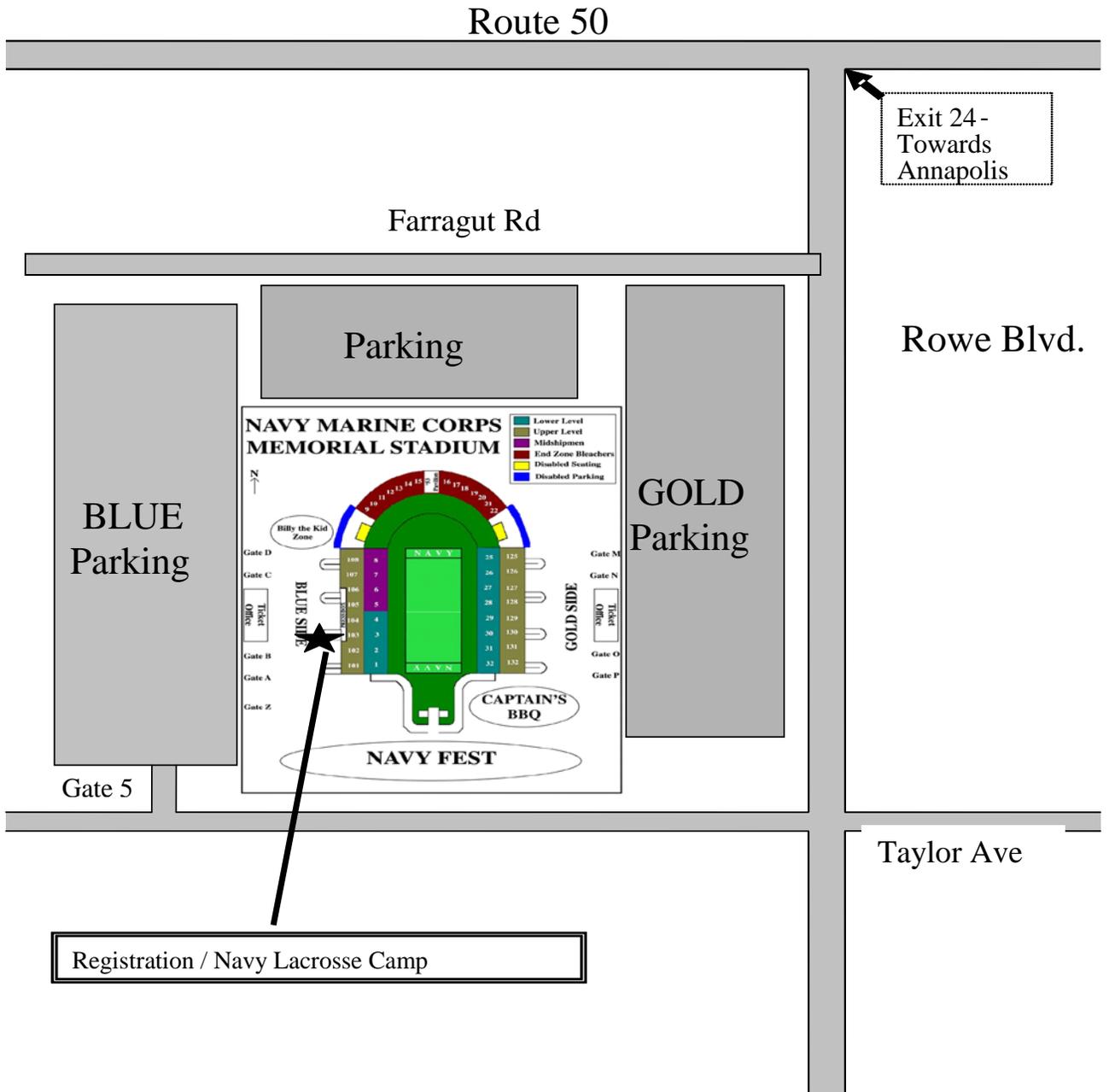
Take Rowe Blvd 0.6 miles to TAYLOR AVE

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

.



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:

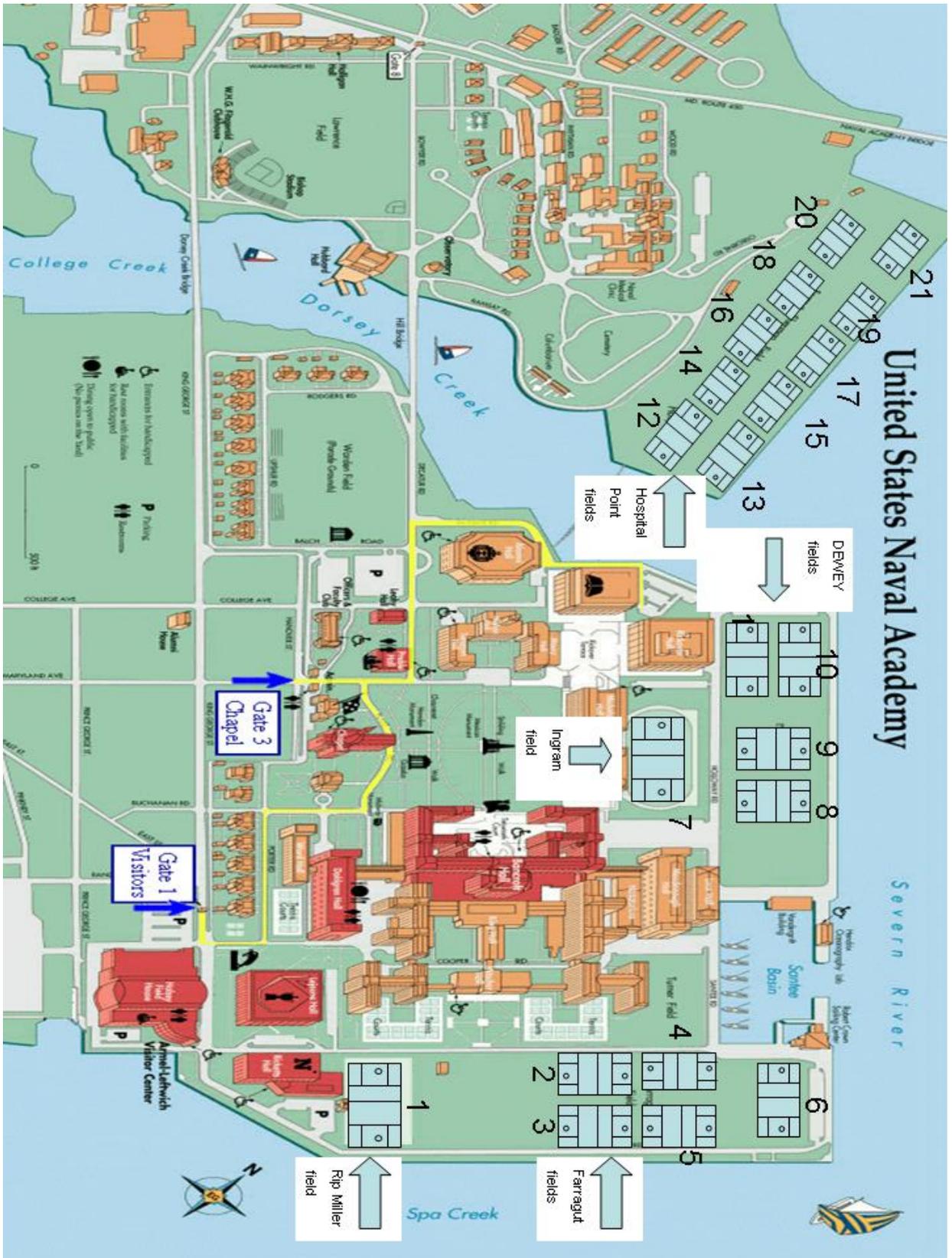
280-31 days: 10% of the camp tuition

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





LACROSSE CAMP ITINERARY

| | | | |
|--------------------------------------|--------------------------------------|---------------------------------------|---|
| Day "one" | | | |
| 9:00 AM Check in begins | | | |
| 10:15 AM Check in ends | | | |
| 11:30 AM Camp meeting | | | |
| 11:45 AM Camp Fire Drill | | | |
| 12:15 PM Lunch | | | |
| 1:00 PM Optional campus tour | | | |
| (sign up for tour at command center) | | | |
| 1:45 PM Muster & Roll Call | | | |
| 2:00 PM Session 1 | | | |
| 4:00 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 2 | | | |
| 8:30 PM return to dorms | | | |
| 9:15 PM free time/ movie/ pool | | | |
| 10:30 PM Lights out/ bed check | | | |
| | Day "two" | Day "three" | Day "four" |
| | 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 | 6:45 AM Muster for 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 | 8:00 AM Muster & roll call |
| | 9:15 AM Session 3 | 9:15 AM Session 6 | 8:15 AM Session 6 |
| | 11:15 AM Return to dorm | 11:15 AM Return to dorm | 10:15 AM Return to dorm |
| | 11:50 Muster for Lunch | 11:50 Muster for Lunch | 10:30 AM Final room inspection |
| | 12:00 PM Lunch | 12:00 PM Lunch | 11:00 first shuttle arrives at the stadium. |
| | 1:00 PM Optional campus tour | 1:00 PM Optional campus tour | 11:45 (approx) final shuttle arrives. |
| | (sign up for tour at command center) | (sign up for tour at command center) | Camp closes. |
| | 1:30 PM Muster & Roll Call | 1:30 PM Muster & Roll Call | |
| | 1:45 PM Session 4 | 1:45 PM Session 7 | |
| | 4:15 PM return to dorms | 4:15 PM return to dorms | |
| | 4:50 PM muster for dinner | 4:40 PM muster for dinner | |
| | 5:00 PM Dinner | 5:00 PM Dinner | |
| | 5:45 PM Optional campus tour | 5:45 PM Optional campus tour | |
| | (sign up for tour at command center) | (sign up for tour at command center) | |
| | 6:30 PM Muster & Roll Call | 6:30 PM Muster & Roll Call | |
| | 6:45 PM Session 5 | 6:45 PM Session 8 | |
| | 8:45 PM return to dorms | 8:45 PM return to dorms | |
| | 9:15 PM free time/ movie/ pool | 9:15 PM Clean rooms/ free time/ movie | |
| | 10:30 PM Lights out/ bed check | 10:30 PM Lights out/ bed check | |

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