



2020
DEVELOPMENTAL CAMPS
SESSION 1 June 22-25
SESSION 2 June 29- July 2

**2020 SUMMER LACROSSE CAMP
INFORMATION AND RULES PACKET**

NUMBER: 410.293.5548
Email address: goers@usna.edu
Mailing Address:
Navy MENS Lacrosse Camps
566 Brownson Rd
Annapolis, MD 21402

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

Registration at the Navy-Marine Corps Memorial Stadium (Blue Angel) will be held on the following date:

DEVELOPMENTAL CAMPS: Monday, 8:30AM.

The Camp runs daily (Monday - Thursday) from 9:00AM - 3:30PM

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.

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 must have a shirt on when you are outside. *TANK TOPS ARE NOT ACCEPTABLE ANYWHERE BUT THE PLAYING FIELD.*
- Wear your hat the right way. Take it off indoors.

ON THE FIELD

- Wear your provided tank top to all sessions
- We expect you to give your best effort at all times; nothing less will be accepted.

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. .

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.

LUNCH

Each camper will be responsible for bringing his own lunch every day. A large refrigerator will be available to all those who need it. We will supply fresh cold water at all times throughout the day.

WHAT TO BRING

Lunch (a refrigerator will be available)
Helmet
Gloves
Arm Pads
Shoulder Pads
Stick
Mouthpiece
Sunscreen
Sneakers or cleats (Both may be worn in the stadium)

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

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".

IMPORTANT PHONE NUMBERS

The Camp Hotline and Camp Director's phones 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 (Emergency only please): 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 the Blue Angel will be on your right

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 the Blue Angel will be on your right

The stadium address is:

Navy-Marine Corps Memorial Stadium
550 Taylor Ave, Annapolis, MD 21401

Route 50

Exit 24-
Towards
Annapolis

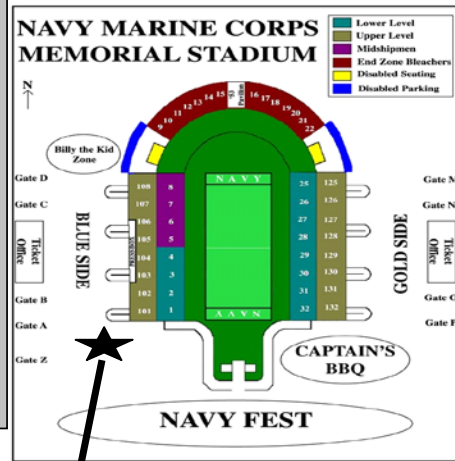
Farragut Rd

Parking

Rowe Blvd.

BLUE
Parking

GOLD
Parking



Gate 5

Taylor Ave

Registration / Navy Lacrosse Camp

GENERAL ITINERARY

DAILY SCHEDULE

8:30AM Check in by the Blue Angel at Navy Marine Corps Stadium (Monday only)

9:00AM Morning session begins

11:30AM Lunch & Movie (Campers must bring their lunch everyday)

1:00PM Afternoon session

3:30PM Camp ends (Pick up by Blue Angel or outside locker room)

FOUL WEATHER POLICY

We make every effort to accommodate foul weather. However, lacrosse is an outside sport and is subject to weather conditions that are beyond our control. Times, Locations and facilities may change without notice due to inclement weather, special events or facility availability

We do have several contingent plans for foul weather:

Severe cold: Campers will be rotated inside and outside at appropriate intervals to ensure safety and a positive learning environment.

Snow: Every effort is made to clear off our athletic fields to ensure a playable surface. In the rare case that there is excessive snow, we reserve the right to shorten, modify or cancel sessions.

Lightning: If there is lightning in the area we immediately seek appropriate shelter and wait until it is safe to return to the field.

Heat: The curriculum is modified to ensure proper intervals of cool down and workout periods. Individual water breaks can be taken at any time. Mandatory group water breaks are enforced at regular intervals.

Rain: Depending on the severity of the rain, the session may continue as planned.

If you have any questions on the weather, you can call the following numbers:

Camp hotline: 410.293.5548

Coach Goers Cell phone: 443.336.3714