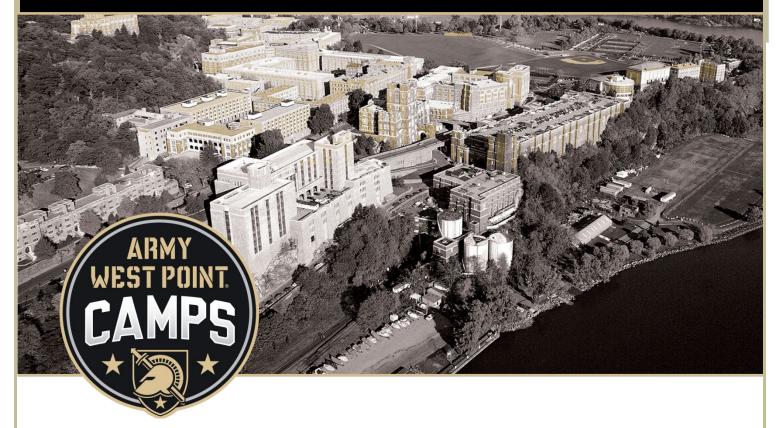
ARMY WOMEN'S LACROSSE SUMMER CAMPS

Black Knight Day Camp, July 6th-7th, 9am-12pm Daily



Camp Director: Noto Family Head Coach, Kristen Skiera

Lacrosse Camp Co-Directors: Assistant Coaches Shannon Gilroy & Carly O'Connell

Thank you for participating in our Army Women's Lacrosse Summer Day Camp! The Army Lacrosse Camps are held on the beautiful campus of the United States Military Academy Prep School (USMAPS) located in West Point, NY. The Black Knight Day Camp is offered for players who are looking to learn the basics of lacrosse. This camp is open to All Girls Grades 3-7. Campers should expect a competitive and fun learning environment geared towards enhancing confidence and fundamentals, with instruction from current Division 1, II and III coaches and players.

Thank you for choosing Army Women's Lacrosse Camps!



DATES

- Monday, July 6th- Tuesday, July 7th
- Camp begins at 9:00am and concludes at 12:00pm daily

CHECK-IN

- Registration will take place on Monday, July 6th from 8:30 to 9:00am at USMAPS (United States Military Academy Prep School) located on post- there will be sufficient parking at check-in
- Our athletic trainer will be present at registration- any medications or special instructions must be discussed with trainer prior to start of camp
- All campers will be given a water bottle and camp t-shirt at check-in
- We will promptly begin our Camp Welcome and Staff Introductions at 9:00am
- Campers are placed in groups by their respective ages & experience level

CHECK-OUT

- Campers will be required to check-out with their designated coaches following the conclusion of camp EACH DAY- Please be on time for pick-up!
- Our final check-out will be at 12:00pm on Tuesday, July 7th

WHAT TO PACK

- ✓ Lacrosse Stick, Mouth Guard and Goggles
- ✓ Goalie equipment (if this is your position)
- ✓ Sunscreen
- ✓ Water Bottle
- ✓ Snack
- ✓ Come dressed to lax!- athletic clothes & shoes

ENTRANCE TO WEST POINT

- Go to visitors center to pick up credentials (leave yourself plenty of time)
- Please anticipate and plan for all luggage to be inspected prior to admittance on to West Point
- Signs will be posted to help direct you to Check-In at USMAPS

RULES AND REGULATIONS

All campers are required to comply with the Army Summer Camp guidelines which
are established to ensure personal safety, hygiene and property damage
prevention. Rules and expectations are discussed during the start of camp. Any
camper found to be disruptive and unwilling to follow behavior guidelines will be
sent home without a refund.

CANCELLATIONS

• Please refer to our camp website: armywestpointsportscamps.com for all refund and cancellation policies.

<u>United States Military Academy</u> Learn a little bit more about where your camper will be...

Weather at West Point Check the weather at West Point...

West Point Map Find your way around West Point's beautiful campus...

<u>Army Athletics</u> Follow your Black Knights year round...

Athletic Facilities Preview our world class athletic facilities...

<u>Lacrosse Camp Staff</u>

Get to know us prior to your arrival...

If you have any questions or concerns, please send us an email at armygirlslacrossecamp@usma.edu OR contact our Assistant Coach, Carly O'Connell at (845) 938-1985.

Can't wait to see you this summer!