

## DIXIE TOP 150 LACROSSE CAMP INFORMATION SHEET

### GENERAL RULES

1. Tobacco products of any kind are prohibited at camp. Possession or use will result in immediate expulsion from the camp without refund.
2. No alcohol or drugs are allowed at camp. Possession or use will result in immediate expulsion from the camp without refund.
3. The Facilities Director of the Dixie Top 150 Lacrosse Camp is Coach Peter Bourque. Coach Bourque has all master keys to the buildings used for this camp. Report key problems to the camp store. 1-800- 637-4000 Emergency number
4. Report all problems to the camp store.
5. Be on time for all sessions and meals.
6. Lights out at 11:00pm each night.

### DORM/CAMPUS RULES

All campers must remain on campus for the duration of the camp.

All campers must hand in their car keys at registration on the first day. The car keys will be returned to the camper at check out on the last day.

Keep your doors locked whenever you leave your room.

All campers must keep their rooms clean. Garbage can be taken down to the garbage cans at the bottom of the stairwells.

No cleats in the dorms

### DINING HALL RULES

No cleats in the dining hall.

No equipment is to be carried into the dining hall.

No drinks or containers in or out of the dining hall.

**Dining Hall Meal Times** are as follows:

<b>Breakfast:</b>	<b>7:00am-8:15 am</b>
<b>Lunch:</b>	<b>11:15am-12:30pm</b>
<b>Dinner:</b>	<b>5:00 pm-6:15pm</b>

### POOL RULES

**Pool hours** are as follows:

<b>Friday-Saturday:</b>	<b>4:30pm-5:30pm</b>
	<b>8:30pm-10:00pm</b>

Obey the lifeguard immediately and at all times.

Do not go into the pool area without a lifeguard on duty. No lifeguard on duty indicates that the pool is closed to the camp.

No horseplay or running in the pool or the pool area.

Diving is allowed in designated diving areas only.

Follow all rules provided by the pool director.

Failure to follow the rules will result in expulsion from the pool or camp.

*These rules are general guidelines for the safety and enjoyment of each camper while on the campus of Catawba College. All campers are expected to follow these rules and use basic good judgment while at camp. Enjoy your time here on our campus and at the Dixie Top 150 Lacrosse Camp.*

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## **Special Extra Skills Sessions:**

On Friday and Saturday at 1:30 we will be offering special extra skills sessions with our college coaches. This is a chance to learn more about some part of the game at which you'd like to improve, as well as a chance to work closely with one or more of the coaches. These sessions will take place on the fields.

Friday: (off-hand shooting) (dodging) (takeaway checks)

Saturday: (shooting) (faceoffs) (stick protection)

\*\*\*Goalies note: Your afternoon session will start 30 minutes early, so you should not attend these sessions. Meet your goalie coach at the quad.

## **DIXIE ALL-STARS**

We need to know whether or not you are eligible to attend the Championship Lacrosse Weekend July 21st-July 24<sup>th</sup> at Johns Hopkins University in Baltimore. We will be taking one group of this camp's top players to compete at the "Champ Camp" in front of many of the top coaches in college lacrosse. You are responsible for your own transportation to and from Baltimore. Between now and Saturday night, make sure to check with your parents to make sure you can go to this camp if selected. The last morning your team coach will be asking you if you can go. Make sure you know the answer!

## **CAMP STORE**

The Camp Store is located in First Floor Woodward Dorm-Room 227

Store hours: 11:15 - 12:00.  
12:30 - 1:30.  
4:15 - 5:30.  
8:45 - 10:15.

Campers wishing to have pizza following the evening session MUST place their pizza orders with Coach in the camp store by 9:15 pm. Pizza will be brought to the store, and may be picked up around 10:00 pm. Campers caught circumventing these pizza ordering procedures will be subject to disciplinary action.

## **COLLEGE FORUM**

There will be a College Forum Friday night at 9:15 pm, at which you will have the opportunity to hear from and ask questions of our staff of college coaches. Location TBA. Meet in Quad.

## **TRAINING ROOM**

The Training Room is located in the Gym. Hours will be posted.