



Top New England Camp Since 1977

At the Cardigan Mountain School in Canaan, New Hampshire

Directors: Scott Anderson and Chuck Apel

Mailing address: 25 Deer Run Dr., Bridgewater, NJ 08807  
207-400-5216

[www.cardiganlacrosse.com](http://www.cardiganlacrosse.com)  
[cardiganlacrosse@gmail.com](mailto:cardiganlacrosse@gmail.com)

## CAMP INFORMATION SHEET 2020

*The following information will help ensure that you are well-prepared to  
enjoy the Cardigan Lacrosse Camp Experience.*

### OPENING DAY **August 8<sup>th</sup>**

**Registration will take place between 2 and 3:30 PM in the Cardigan School gymnasium (look for signs on campus).** At registration, you will be assigned a room with consideration given to roommate(s) you requested. **You will be asked to report to the locker room and field for placement evaluation at 4:00 PM.** Any players who have brought a car will be expected to turn car keys in to the staff.

**EQUIPMENT** You should bring all your own equipment. We will have equipment on sale during registration and throughout the week.

Lacrosse Stick	Chest protector (goalie)
Helmet	Throat protector (goalie)
Shoulder pads	Mouth protector
Arm pads	Shirts
Gloves	Shorts
Cleats	Sweats
Jock strap & cup	Socks

**WHAT TO BRING** The following should cover your basic needs:

Pillow, sheets, blanket or sleeping bag. Desk lamp (many room will have little or no overhead lighting). Fan (not necessary, but great if we have hot weather). Towels (for locker room use as well as dorm room) Personal effects (soap, toothpaste, toothbrush, comb, deodorant, etc.)

**Locks & Lockers** We will issue each player a lock and locker. Since there are no locks on your room doors, you must keep your valuables, including sticks, in you locked lockers. Do not bring unnecessary valuables to camp.

**CAMP STORE** The camp will operate a store and snack concession. You may wish to bring along money to purchase equipment, drinks, pizza, and/or snacks. \$50 to \$100 for incidentals may be sufficient. The store operates a bank in which you may leave money for safekeeping.

**TRAVEL DIRECTIONS to The Cardigan Mountain School is in Canaan, NH**, which you can reach by taking exit 17 off I-89 and traveling east on Route 4 through Enfield to the town of Canaan. Take a left at the only traffic light in Canaan and follow the CMLC signs to school.

**PHONE NUMBER** During camp, parents may contact us at this number: 207-400-5216

## **CLOSING DAY August 12**

On closing day, all boys play in championship or consolation games from 9:00 to 11:00 AM. Team rosters and a campus map will be posted in the camp store (near gym) and a staff member will be on the Cardigan access road to direct family members to the appropriate fields. Players may depart following games, but they and their families are encouraged to remain for the closing ceremony which will end by 11:30.

**Medical History Form** Complete and sign the medical history and consent form and send by **August 2<sup>nd</sup>** (Bring this form to camp after this date) to:

Cardigan Lacrosse Camp, 25 Deer Run Dr, Bridgewater, NJ 08807

Or email: [cardiganlacrosse@gmail.com](mailto:cardiganlacrosse@gmail.com)

**US LACROSSE** Campers may wish to become a member of US Lacrosse, the sport's governing body. Membership benefits include a comprehensive insurance program covering participation in all US Lacrosse sanctioned events. For more information and application visit the website [www.uslacrosse.org](http://www.uslacrosse.org)