



Top New England Camp Since 1977

At the Cardigan Mountain School in Canaan, New Hampshire

Directors: Scott Anderson and Chuck Apel

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CAMP INFORMATION SHEET 2021 (Updated July 28, 2021)

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

OPENING DAY: August 8th - Registration will be staggered this year.

Arrival times:

Grade Levels: 9-12 at 1:00 pm

Grade Levels: 7 & 8 at 2:00 pm

Grade Levels: 4, 5, & 6 at 3:00 pm.

Registration will take place in the Wakely Center-Ice Rink (look for signs on campus).

*****REQUIRED BEFORE YOU CAN GO THROUGH THE REGISTRATION PROCESS:**

→ **ALL PLAYERS MUST HAVE PROOF OF A NEGATIVE PCR COVID TEST DONE BETWEEN 8/4 and 8/8 TO ARRIVAL AT CAMP.**

→ **CMLC COVID SCREENING FORM IS NECESSARY TO TURN IN AT THIS TIME.**

At registration, you will be assigned a room with consideration given to roommate you requested.

Grades 7-12 will be asked to report to the locker room and field for placement evaluation at 4:00 PM. Grades 4-6 will report at 4:30.

***Any players who have brought a car will be expected to turn car keys in to the staff.

PARENTS PLEASE NOTE: ON AUGUST 8th, PLEASE LIMIT YOUR STAY ON CAMPUS TO 30 MINUTES. THIS YEAR, VISITORS WILL NOT BE ALLOWED ON CAMPUS.

EQUIPMENT (You should bring all your own equipment.)

*****A LARGE SPORTS WATER BOTTLE WITH YOUR NAME ON IT**

Lacrosse Stick(s)	Chest protector (goalie)	Protective Cup
Helmet	Throat protector (goalie)	Plenty of socks
Shoulder pads	Mouth protector	Sweats
Arm pads	Shirts	Cleats
Gloves	Shorts	

WHAT TO BRING (The following should cover your basic needs):

*****MASKS – 10 + CLOTH OR A BOX OF DISPOSABLE NEEDED FOR INDOORS**

Pillow, sheets, blanket or sleeping bag. Desk lamp (many rooms 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 one game. Games will start at 9:00am or 10:00am. This year we will hold a brief closing ceremony on each game field after the games are played. A whole camp closing event will not be held this year. We encourage all players and parents to try to limit their time inside the dorms. **MASKS ARE REQUIRED IN ALL INDOOR FACILITIES ON CAMPUS.**

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

Cardigan Lacrosse Camp, 25 Deer Run Dr, Bridgewater, NJ 08807 (mail only)

Or email: cardiganlacrosse@gmail.com