



Top New England Camp Since 1977

At the Cardigan Mountain School in Canaan, New Hampshire

Directors: Scott Anderson, Chuck Apel, Matt Apel

Mailing address only: 25 Deer Run Dr., Bridgewater, NJ 08807

207-400-5216 www.cardiganlacrosse.com

cardiganlacrosse@gmail.com

CAMP INFORMATION SHEET 2022

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

OPENING DAY: August 7th - Registration will be staggered this year.

Arrival times:

Grade Levels: 9-12 at 1:15 pm

Grade Levels: 7 & 8 at 2:00 pm

Grade Levels: 4, 5, & 6 at 2:45 pm.

Registration will take place in the Wakely Center-Ice Rink (look for signs on campus). Please note: Day Campers should arrive at the times above and be ready for evaluations at 4:00 pm. Camp on Sunday will end around 7:50 pm for Day Campers.

*****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 4:15.**

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

→ **ALL PLAYERS MUST HAVE PROOF OF A NEGATIVE PCR COVID TEST DONE NO MORE THAN 4 DAYS PRIOR TO ARRIVAL AT CAMP.**

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

Camp is at full capacity and there is a strong waitlist. At registration, you will be assigned a room with consideration given to roommates you requested. Friends/Teammates will be placed together in the same dorm.

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

ELECTRONICS: We are not responsible for any lost or stolen items. Our recommendation is that NO electronics are packed. Campers will not have access to the internet. If a camper needs to get ahold of a parent/guardian, they can consult with a camp staff member.

PARENTS PLEASE NOTE: ON AUGUST 7th, PLEASE LIMIT YOUR STAY ON CAMPUS TO 30 MINUTES.

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 & Sneakers |
| Gloves | Shorts & Swim Shorts | GOLD BOND POWDER |

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

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, Gold Bond Powder, 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. Electronic Equipment should be left at home.

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.

School address: 62 Alumni Dr – Canaan, NH 03741

PHONE NUMBER: During camp, parents may contact us at this number: 207-400-5216 (Please note that sometimes sending a text message goes through faster than a voice message.)

CLOSING DAY: August 11

On closing day, all boys play in one game. Games will start at 9:00am or 10:00am.

A brief closing ceremony will be held at 11:00 am. After the ceremony camp is officially over.

Medical History Form: Complete and sign the medical history and consent form and send before **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