

WELCOME to



Your room # is

Be Hockey Ready and Down by 9:30AM

We've put together an incredible week of hockey. We ask that you adhere to a few precautions throughout your camp experience.

- ⇒ Drink Plenty of WATER
- ⇒ Wear SUN BLOCK
- ⇒ Always wear a MOUTH GUARD when on the field
- ⇒ LISTEN to Staff for the day's schedule
- ⇒ Look for our Emergency PHONE NUMBER in your dorm
- ⇒ STAFF are always here, know where their room is on your floor
- ⇒ We CLEAN-UP our mess at the field, dining hall and dorms

Typical Daily Program (Listen as changes may occur)

- 7:30am Wake-up
- 8:00am Meet in Lobby/Quad for Breakfast
- 9:15am Meet in Lobby/Quad, Hockey Ready – to walk to field
- 9:30am Ready On-Field, In Circle | prepare for instructions and warm-up
- 9:45am Olympic Demo
- 10:00am–12:00 Clinic Sessions
- 12:15pm – 1:15 Lunch – relax
- 1:30pm Players Meet – walk to field
- 1:45pm – 5:00 Clinic Sessions
- 5:00pm Clean-up & End camp day:
- 5:30pm Dinner & Relax

Overnight campers

- 7:30pm – 10:00
 - Night 1: "The Challenge"** (at the field)
 - Night 2: "Game"** night (indoors)
 - Night 3: "Skit"** night – what is your skit? (indoors)
- 10:00pm End evening activity
- 10:30pm Room check
- 11:00pm Lights out

WELCOME TO WORLD CAMP USA. You are about to experience one of the best field hockey camps available to high school players in the USA. To get the most out of the camp, we ask that you come both mentally and physically prepared. Two things are going to happen for you at the camp. First - you'll become a better skilled hockey player - and second, you're going to have a lot of fun. In order to create the best environment to achieve these results, we need your help in following some basic rules.



CAMPER RULES

- First and foremost — **BE ON TIME!**
- Second to none — **LISTEN!**
- If you are injured or sick, notify a staff member immediately. Do not stay in your room for a session if you are not feeling well.
- All Campers **MUST** participate in **ALL** camp activities. If a camper is sick and unable to participate - we must call her parents so she can be brought home and cared for properly.
- Attend **ALL** sessions and activities; attendance will be taken at each session.
- Did you drive yourself? You must turn in your car *keys* upon check-in and get a **PARKING PASS** or you may have your car towed.
- Do not bring to camp or the field what you cannot afford to lose, i.e jewelry, camera, money, etc.
- Meet outside your Dorm Lobby/Quad area prior to each session. Be ready to leave.
- Be prepared for turf and/or grass each session. Bring turf shoes or sneakers & cleated shoes for grass.
- You **MAY NOT LEAVE CAMPUS** for any reason.
- You must be in (and stay in) your **OWN ROOM BY 10:30pm** each night of camp for room check & attendance.
- Any lost key or Dining Card is to be reported to World Camp staff immediately. The fee for a lost Key or Dining Card is \$75.
- **NO CLEATS** in dorm or dining hall

You will be **DISMISSED** from camp for any of the following reasons:

- o Alcohol/Drugs/Tobacco Use or Possession
- o Smoking
- o Missed sessions and/or attendance
- o Having out-side camp visitors in dorm area or rooms
- o Leaving campus (whether walking or in a vehicle)
- o If you are out of the dorm after 10:30pm
- o Absolutely no bullying or hazing!

Please know that your safety is our primary concern

Unless otherwise stated—we walk and move as a group. Campers should never be alone on campus at any time.

DINING HALL HOURS

You **MUST** attend all meals. Meals are served at the Dining Hall. Dining hall hours:

- **BREAKFAST: 8:00AM Meet at Dorm :: 7:30AM on Last Day / Morning**
 - **Note: Wake up is at 7.30AM and 7:00AM on Last Day / Morning**
- **LUNCH: 12:30PM (Directly after Training)**
- **DINNER: 5:30PM (Directly after Training)**

Please, **NO CLEATS** on artificial turf field or in dorm and dining hall.

INSTRUCTIONAL SESSION & SOCIAL ACTIVITY TIMES

You must report for every and all camp sessions and activities. Before every morning, afternoon & evening session - meals and any and all Camp activities, you will meet your assigned Dorm Leader in the dorm lobby or designated area prior to departing to the fields or activity. You **MUST** attend all hockey and social activities with the camp. Critical times to be aware of during camp are:

- **Day 1: 9:30AM Hockey ready & down in lobby or quad**
 - 1:30PM Hockey ready & down in lobby or quad**
 - 7:30PM Hockey ready & down in lobby or quad**
- **Day 2: 9:15AM Hockey ready & down in lobby or quad**
 - 1:30PM Hockey ready & down in lobby or quad**
 - 7:30PM Theme or Casual dress & down in lobby or quad**
- **Day 3: 9:15AM Hockey ready & down in lobby or quad**
 - 1:30PM Hockey ready & down in lobby or quad**
 - 7:30PM Theme or Casual dress & down in lobby or quad**
- **Day 4: 8:30AM Hockey ready & down in lobby or quad**
 - 12:30PM Camp ends**

Camp Store

Camp store is open at registration until 9.25AM, Day 2 from 6PM to 7.15PM, Day 3 from 6PM to 7.15PM, and at the field the last day. We also have a Camp "Snack Bar" at night. Ask your Dorm Leader about times and offerings.