



2023
CAMP ITINERARY
UNIVERSITY OF REGINA
JULY 17th TO JULY 20th



PACKING LIST

Please ensure players pack the following items:

- Clothing for four days. Bring extra shorts and t-shirts to wear during Field sessions and to wear when off the Field (don't want the players sitting in their sweaty clothes all day)
- Extra pairs of socks (in case socks get wet during Field Sessions)
- Notebook and Pen
- **Cleats**
- Running Shoes
- Shower Shoes
- Sandals (to slip on to walk from Dorm to Field in equipment)
- All Lacrosse Gear (Pinnies will be provided)
- Snacks for Dorm room (THIS CAMP IS A NUT FREE CAMP)
- SUNSCREEN!
- Bug Spray
- Hat
- Swimsuit/trunks
- Towel
- Personal Hygiene Products
- Any items may want players to autograph
- Debit Card
- Photocopy of Health Card
- Any needed medications
- Books/Activities to do during free time
- Water Bottle (for during on Field Sessions)
- Water Bottle (for inside the dorm and at classroom session)
- Print copy of Itinerary
- Garbage Bag (in case it rains)
- Draw String Bag (to carry Cleats, and Water Bottle from Dorm to Fields)
- Bedding is provide, but if they have a specific pillow players like to use.

Please note players are responsible for all their items, the camp nor the SLA is responsible for any lost items.



CAMP RULES

Players are expected to behave as per all SLA Code of Conducts at all times, any disrespectful behavior will result in players being removed from the camp with no refund. Some other camp rules are:

- Players are to be on time for their events. Players should have a print copy of the Itinerary and are responsible to set all appropriate alarms.
- Hydration and nutrition are vital to athletes having the energy they need for the camp so players are not permitted to skip mealtimes, all athletes are to come down for all mealtimes and should be drinking lots of water.
- Lights out means devices off as well; players need proper sleep for have the energy they need for their sessions.
- **NO WALL BALL OF THROWING A LACROSSE BALL AROUND INSIDE THE UNIVERSITY OF DORMS.**
- Players are not permitted to leave the camp facilities unless approved by an instructor.
- Players should not walk to places alone; they should have a buddy with them.
- Players will keep noise volumes to a reasonable level when in the dorms and University, there will be classes going on.
- If a player feels sick or is injured, they need to notify one of the chaperones.
- Sessions will be outside in the hot sun so players will need to wear sunscreen to all their session.
- Players are to be good teammates and ensure everyone is included in activities.
- Players will wear appropriate equipment at all times



ACCOMMODATIONS

- Player's and Chaperone's will be staying at the Wakpa Tower Dormitory located in the center of the University. (3737 Wascana Parkway). Check In and Check Out will be in the lobby of this Dorm. **PLAYER'S CHECKING IN ON SUNDAY, CHECK IN WILL BE AT 9:00pm.**
- Parents are **NOT** permitted in players' rooms, so after checking in, players will take their stuff upstairs.
- The players will be staying in 4-bedroom, apartment style rooms, there will be two players to a room and four rooms in an apartment. There are also two bathrooms (with showers), a kitchen (with microwave, full fridge, and freezer), and common space.
- There are NO TVs in the dorms, however on the 2nd floor there is a lounge area with a large TV, pool table, and other games that players will have access too. There is also a large snack area with a bunch of vending machines.
- Players do NOT need to bring bedding (unless they want) but need to bring all hygiene products and towels.

MEALS

- Meals will be eaten at the cafeteria in the Riddell Center very close to the dorms.
- Small snacks will be provided at the Field
- Players are encouraged to bring snacks they can keep in their dorm rooms.
- There are lots of places on campus to get snacks as well so make sure your player has spending money.

FIELD & CLASSROOM

- The Lacrosse sessions will take place on the far Field, South of the Turf Field.
- Classroom sessions will take place in the Kinesiology Building.



MONDAY, JULY 17TH

- **8:00am – 9:00am:** Breakfast for those who check in on Sunday.
- **10:00am-11:00am:** Check In and take bags to room. Check in table will be in front of the dorm.
- **11:00am:** Meet at check in table. (Come dressed in equipment, wear sandals and carry Cleats, helmets, glove, and water bottle.)
- **11:15am:** Camp Introduction, Guidelines & Safety (Roll Call)
- **11:25am:** Walk to fields
- **11:30AM-1:00PM: LACROSSE SESSION #1**
- **1:00pm:** Ball Search / Drop Gear / Walk to Lunch
- **1:15pm-2:15pm:** Lunch- Cafeteria
- **2:15pm:** Grab Gear/ Meet in front of dorms to walk to fields, come dressed in equipment. (Roll Call).
- **2:30PM-4:00PM: LACROSSE SESSION #2**
- **4:00pm** Ball Search/ Walk to dorms/ Drop Gear
- **4:15pm-5:55pm:** Free Time/Rest
- **5:55pm:** Meeting in front of dorms and walk to classroom. Bring pen and notebook.
- **5:00pm-6:00pm:** Film review in classroom (ED 191)
- **6:00pm-7:00pm:** Dinner- Cafeteria
- **7:15pm:** Grab Gear/ Meet in front of dorms to walk to fields (Roll Call). Come dressed in equipment
- **7:30-8:45PM: LACROSSE SESSION #3**
- **8:45pm-9:00pm:** Ball search, walk back to rooms, shower
- **9:00pm-10:00pm:** Free Time
- **10:00pm:** Lights Out/Bed Checks



TUESDAY, JULY 18TH

- **7:15am:** Wake and get prepared for the day.
- **8:00am-9am** Breakfast- Cafeteria
- **9:15am:** Meet in front of dorms to walk to fields (Roll Call). Come dressed in equipment
- **9:30AM-11:30AM: LACROSSE SESSION #4**
- **11:30am:** Drop Gear and grab notebook and pen/ Walk to Film
- **11:45am-12:30am:** Film Session/System Review in Classroom (ED 191)
- **12:30pm-1:30pm:** Lunch- Cafeteria
- **1:30pm-2:15pm:** Free Time/Rest
- **2:15pm:** Grab Gear/ Meet in front of dorms to walk to fields (Roll Call). Come dressed in gear.
- **2:30PM-4:00PM: LACROSSE SESSION #5**
- **4:00pm:** Drop Gear/ Walk to Recruiting Session
- **4:15pm-5:15pm:** Film/System Review Session in Classroom (ED 191)
- **5:15pm-6:15pm:** Dinner- Cafeteria
- **6:15pm:** Grab Gear/ Meet in front of dorms to walk to fields (Roll Call). Come dressed in equipment.
- **6:30PM-8:30PM LACROSSE SESSION #6**
- **8:30pm-9:00pm** Ball search, walk back to rooms, shower
- **9:00pm-10:00pm** Free Time
- **10pm** Lights Out/Bed Check



WEDNESDAY, JULY 19TH

- **7:15am:** Wake Up and Prepare for the Day.
- **8:00am-9:00am:** Breakfast- Cafeteria
- **9:15am:** Meet in front of dorms to walk to fields (Roll Call). Come dressed in equipment.
- **9:30AM-11:30AM: LACROSSE SESSION #7**
- **11:30am:** Drop Gear and grab notebook and pen/ Go to film
- **11:45am-12:30pm:** Film/System Review (ED 191)
- **12:30pm-1:30pm:** Lunch- Cafeteria
- **1:30pm-2:15pm:** Free Time/Rest
- **2:15pm:** Grab Gear/ Meet in front of dorms to walk to fields (Roll Call). Come dressed in equipment.
- **2:30PM-4:00PM: LACROSSE SESSION #8**
- **4:00pm:** Drop Gear/ Walk to Classroom Session / break
- **4:15pm-5:15pm:** Classroom Session / break
- **5:15pm-6:15pm:** Dinner- Cafeteria
- **6:15pm:** Grab Gear/ Meet in front of dorms to walk to fields (Roll Call). Come dressed in equipment.
- **6:30PM-8:30PM: LACROSSE SESSION #9**
- **8:30pm-9:00pm:** Ball search, walk back to rooms, shower
- **9:00pm-10:00pm:** Free Time
- **10:00pm:** Lights Out/Bed Check



THURSDAY, JULY 20th

- **7:00am:** Wake up and prepare for the day.
- **7:30am-8:30am:** Breakfast
- **8:45am:** Meet in front of dorms to walk to fields (Roll Call). Come dressed in equipment.
- **9:00AM-11:30AM: LACROSSE SESSION #10**
- **11:30am:** Ball search, walk back to rooms and drop off gear
- **11:45am:** Clean and pack up rooms
- **12:00pm-1:00pm:** Camp Wrap Up/Checkout
- **1:30pm:** Team Sask Athletes head to Team Activity - TBA

**** Lunch will NOT be provided this day as part of the camp****