

FLAGSTAFF BOYS



Rhino Lacrosse is excited to have Blaze Riorden and Matt Rambo, of the Premier Lacrosse League, on staff at this years' camp!

OVERNIGHT vs. EXTENDED DAY

OVERNIGHT

Campers will be staying in the dorms at Northern Arizona University.

All meals will be provided for overnight campers through the duration of the camp.

First meal provided will be dinner on Sunday, May 31st the last meal of camp will be breakfast on Thursday June, 4th

EXTENDED DAY

Campers will stay off site at the discretion of their guardians. Lunch and dinner will be included in camp tuition.

Daily drop off for campers is 8:45am (except Sunday) and pick up will be 8:45pm each night in the lots closest to McConnell Hall.

First meal provided will be dinner on Sunday, May 31st, the last meal of camp will be dinner on Wednesday, June 3rd

OVERNIGHT PACKING LIST

- Lacrosse gear (stick, gloves, elbow guards, helmet, shoulder pads, athletic cup, etc.)
- Mouthguard
- Cleats
- Athletic clothes (T-shirt, shorts, socks, etc.)
- Sunscreen
- Spending \$\$ for camp store. Camp store will feature snacks, drinks, equipment and apparel
- WATER BOTTLE
- Sandals/Casual Shoes (for when you are not playing)
- Athletic Sneakers
- Any medications you will need (Trainer will be on-site during check-in for any medication assistance)
- Casual Clothing (for when you are not playing)
- Toiletries & towel(s)
- Fan for dorm room
- Pillows and Linens **Pillows and Linens are not provided. Please plan on bringing your own, or linens are available to rent through NAU. (All beds are Twin XL)

SCHEDULE OF EVENTS:

CHECK-IN/CHECK-OUT PROCEDURES FOR OVERNIGHT & EXTENDED DAY CAMPERS

CHECK-IN: MAY 31, FROM 2PM TO 3PM AT MCCONNELL HALL

**Room assignments will be handed out at this time and all necessary adjustments will be made at this time*

CHECK-OUT: JUNE 4, BETWEEN 12PM AND 1PM AT MCCONNELL HALL

LOCATION/DIRECTIONS:

The McConnell Hall at NAU will serve as the dorms and also as the “Home Base” for the Rhino Academy. This will also serve as the extended day camper drop-off and pick-up site, as well as check in/out for the camp.

McConnell Hall (Northern Arizona University)

324 E. Pine Knoll Dr

Flagstaff, AZ 86011

SUNDAY, MAY 31ST

2:00-3:00pm: Check-in at McConnell Hall

3:15pm: Attendance & head to fields

3:30-4:30pm: Afternoon Session; Skill Development, Team Concepts, Positional Work, Competitions

5:00-6:00pm: Dinner

6:30pm: Player attendance & head to fields

6:45-8:45pm: Evening Session; Team Concepts and Team Games

9:00-10:30pm: Supervised free time in dorms

11:00pm: Lights Out

DAILY SCHEDULE FOR MONDAY, JUNE 1ST- WEDNESDAY, JUNE 3RD

7:00am: Wake Up

7:30-8:30am: Breakfast

8:45am: Player attendance & head to fields

9:00-11:30am: Morning Session; Skill Development Training

12:00-1:00pm: Lunch

2:15pm: Attendance & head to fields

2:30-4:30pm: Afternoon Session; Skill Development, Team Concepts, Positional Work, Competitions

5:00-6:00pm: Dinner

6:30pm: Player attendance & head to fields

6:45-8:45pm: Evening Session; Team Concepts and Team Games

9:00-10:30pm: Supervised free time in dorms

11:00pm: Lights Out

THURSDAY, JUNE 4TH

7:00am: Wake Up

7:30-8:30am: Breakfast

8:45am: Attendance & head to fields

9:00-11:30am: Morning Session; Skill Development Training; Game Play

12:00-1:00pm: Check-out at McConnell Hall

THIS IS A GENERAL SCHEDULE AND SUBJECT TO CHANGE AT THE CAMP DIRECTORS DISCRETION

EVENT SPECIFIC FREQUENTLY ASKED QUESTIONS

Is my son allowed to drive himself and his friends to camp?

If your child will be driving himself or anyone else to camp we ask that each parent please send an email to info@rhinolacrosse.com letting us know that they will be checking themselves in and out. Upon check-in our staff must be given any car keys, as players are not to be driving off of campus during camp. Any cars that are parked on NAU campus during the camp are subject to NAU's parking policies. Parking passes will be required and passes can be purchased at kiosks located on campus.

Does my child need spending money?

For players staying in the dorms, NAU offers players the ability to load money onto their meal cards. This additional spending money can be spent on campus at vending machines, campus convenience store, washing machines and more. Please be aware there are no refunds for un-spent money on these cards per NAU's policy. Questions regarding this system can be directed to the housing staff at NAU at check-in. Players will also have the ability to purchase apparel, snacks, equipment, etc. at the Powell Lacrosse store.

When will my son receive his room assignment?

Players will receive their room assignments upon check-in. We try our best to match each player with their requested roommate. If for some reason this is not possible, we try to match players with other individuals from their school or club team.

Staff will be dispersed throughout the dorm rooms to ensure that all players are accounted for. Staff rooms will be clearly marked. Should your child have an issue or concern during the night, the staff member will be available for them.

Will bedding be provided?

Pillows and linens are not provided. You can bring your own or rent them from NAU during camp. You can rent pillows and linens during check-in from NAU. Please note that these beds are twin XL.

Are the dorms air-conditioned?

No the dorms have no air conditioning. Please send your players with fans or anything else they may want to, stay cool!

Do I need to pack any meals?

All campers' meals are included in their camp package. Players may bring snacks to keep in their dorm rooms.

What if my child has food allergies?

Due to the fact that we are limited to the cafeteria that NAU allows us to use, we cannot guarantee that all food allergy needs will be met. Campers themselves are responsible for limiting the risk of their food allergy exposure.

What happens if there is a crisis or emergency during camp?

All staff members have been provided with contact information for the NAU PD, Athletic Trainers, and the McConnell Hall Emergency Hotline. They have also been given the player emergency contact information which you provided at registration.

In the case of an emergency that affects all campers, parents will be notified via the email or phone number provided during registration. Please be sure that these emails are not being sent to your junk folder.