LACROSSE INSTRUCTIONAL CAMP: JUNE 28 – JULY 1, 2020

**Equipment:**
- Lacrosse Stick(s)
- Cleated shoes for grass
- Mouth guard
- Sneakers for artificial turf
- Gloves
- Helmets
- Shoulder and Arm Pads
- Water bottle
- Goalies should bring pads (chest protector & throat guards)

**Dorm Rooms:**
- Bed Linens are provided. **Pillow, Blankets & Towels are NOT provided.**
- Small refrigerators and microwaves are in the dorm rooms.
- Fans are highly recommended. **Rooms are NOT air-conditioned.**

PENN STATE BOYS LACROSSE INSTRUCTIONAL CAMP – “TENTATIVE” SCHEDULE

**First Day, June 28**
- 2:30 p.m. - 4:00 p.m. Final Registration
- 4:00 Camp Meeting** - Outside dorm
- 4:30 Dinner
- 6:15 Meet in full equipment outside dorm
  (**Do not forget stick and mouth guard!**)
- 6:30 - 9:00 Instructional Session
- 10:30 In Dorm
- 11:00 p.m. Lights out!

**Full Day (June 29-30)**
- 7:30 a.m. Breakfast
- 9:00 - 11:00 Instructional Session
- 11:30 Lunch
- 2:00 p.m. - 4:00 Instructional Session
- 4:30 Dinner
- 6:30 - 8:30 Instructional Session
- 10:30 In Dorm
- 11:00 p.m. Lights out

**Last Day, July 1**
- 7:30 a.m. Breakfast
- 9:00 - 10:30 Last Instructional Session
- 11:00 a.m. Check out, Turn in key

Please arrange for a specific time and place to pick up your camper.

**NOTE**
Camp meeting is open to and optional for parent(s)/legal guardian(s). The camp meeting allows the opportunity to meet the camp director and camp staff members and have questions answered.