

2010 Kai-Zen Field Hockey Camp at Syracuse University Camp Checklist and Directions

Note: In the event you misplace this letter this information will be posted on the web after June 28th at the following address: www.kaizenfieldhockey.com

General Information: Camp Dates: July 11-14th Please pay a camp balance in the form of CASH, CASHIERS CHECK, or MONEY ORDER – no personal checks will be accepted at registration. Make checks payable to **Kai-Zen Sports, Inc.**

A refundable \$50 key deposit (cash or personal check) will be due at registration. All key deposits are payable to Kai-Zen Sports and will be returned at check-out with the return of keys.

If you have not sent in your 2010 Health Form you must bring it to registration. **New York State requires that this Health Form is completed before campers can participate.** We must have this form in order for your daughter to participate in any session. You can download this form at www.kaizenfieldhockey.com

Where to Register: **SHAW HALL:** 775 Comstock Ave. (on the corner of Euclid and Comstock)

When to Register:

Registration: Sunday July 11th 10:00 am -12:00 pm FOLLOW SIGNS TO REGISTRATION ONCE AT SHAW HALL

Parking and/or Drop off on Ostrom or Comstock. DO not park on Euclid it does not have 2 lanes and you will probably get ticketed. There will be a limited number of areas to park and unload on Comstock. Ostrom will have the most available parking. There is a lot located beside Shaw that must be entered off of Comstock. Make sure there is a space to park if you enter the lot. DO NOT park in the road way of the parking lot – it will cause a major back up. If there are **no parking spots** make sure you drive thru the lot and depart onto Ostrom and park on the street. Lunch will be served the first day of camp and the first session will begin at 1:45 pm. Be dressed and ready to play. Parents are free to watch any session during camp. No visitors in dorms.

Check out: Wednesday July 14th 12 pm – 2 pm SHAW Hall

Day Camper Information: Day campers should be dropped off at Shaw Hall and picked up at Coyne Field after the night time session. A detailed schedule of drop off and pick up times will be provided at registration. Day campers are responsible for their own breakfast and should bring a change of clothes in the event of rain.

Contact Information:

Questions About Camp: Contact Wendy Stark kaizenfieldhockey@yahoo.com or 800-783-6594

EMERGENCY #'s: 315-443-2224 Campus Safety or 800-783-6594 Wendy Stark

General Security

Colored wrist bands must be worn by all residential campers. ***This must be shown to RSA on duty for access into the facility and must be shown at each meal.*** All campers must be in their room and lights out by 11 pm.

Shaw Hall: All rooms in Shaw Hall are doubles – there are no triples. For players who have requested triple assignments we will room the players next door to each other. Thank you for your understanding.

Items to Bring to Camp: ***Mandatory Items*** –field hockey stick, mouth guard, shin guards, turf shoes (tennis shoes, cross trainers), goalie equipment (if you are a goalie), sunscreen and **athletic tape if you need to be taped.** The dorms have laundry facilities. **Each overnight camper is responsible for bringing her own linens and towels.** Campers may want to bring a FAN as the dorms are not air conditioned. Mark all belongings with nametags. All campers should also have a list of items brought to camp. Expensive items such as watches, cameras, tv and jewelry should be left at home. ***Suggested Items*** - tank tops (light colors), shorts, toiletries, pajamas, athletic socks, shower footwear, rain apparel. A camp store will be open nightly for campers to purchase equipment, snacks and drinks. **NO Cleats or NIKE SHOCKS on turf fields bring a flat turf shoe or tennis shoe.** *Gatorade sponsors our camp and will be available at the fields along with water – it is imperative players keep themselves hydrated. We will provide a water bottle to each player and they must have their water bottle available during camp instructional sessions and play. Please bring an extra water bottle to camp.*

Note: The use of alcohol, tobacco, drugs or missed curfew will not be tolerated. If a camper violates these rules parents will be called immediately and your daughter will be dismissed from camp.

Directions to Kai-Zen Camp Registration & Check-Out
SHAW HALL
775 Comstock Ave
Syracuse, N.Y. 13210

Shaw Hall is located on the corner of Euclid and Comstock on the Syracuse Campus.

DRIVING DIRECTIONS (to Shaw Hall/Camp check-in)

From I-81 north or south, take Adams St. east to the end.
Turn right on Ostrom.
At the first light, turn right on Euclid.
Shaw Hall is on the right

FOLLOW SIGNS TO REGISTRATION ONCE AT SHAW HALL

CAMPUS MAPS:

http://housingmealplans.syr.edu/pdf/map_main_campus.pdf this is a full map of campus
<http://map.syr.edu/> this is an interactive map of the campus

COYNE HOCKEY FIELD: Is located on the corner of Comstock and Colvin. All sessions will be conducted on the Astroturf fields surrounding Coyne Field. Coyne is next to Manley Field House

Disclosure Statement

1. All Syracuse University Athletic Department summer sports camps are required to be licensed by the New York State Department of Health.
2. All Syracuse University Athletic Department summer sports camps are required to be inspected by the New York State Department of Health twice yearly.
3. New York State Department of Health inspection reports are filed at the following address:
Onondaga County Department of Health
421 Montgomery Street
Syracuse, NY 13202