

## 2009 Kai-Zen Field Hockey Camp at Syracuse University Final Camp Checklist and Directions

*Welcome to camp – please review the following information and if you have any questions please contact Wendy Stark, Camp Coordinator at 800-783-6594 or [kaizenfieldhockey@yahoo.com](mailto:kaizenfieldhockey@yahoo.com)*

**General Information:** If you still have an remaining balance it should be paid at registration in the form of CASH, CASHIERS CHECK, or MONEY ORDER – ***sorry 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 and meal cards.**

If you have not completed a NEW YORK HEALTH FORM it must be completed and bring it to registration or fax it to 315-443-1534 ATT. Ange Bradley. **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](http://www.kaizenfieldhockey.com)

**Where to Register:** **Sadler Hall: In the lobby of Sadler Hall:** A campus map can be found at <http://map.syr.edu/>

### **When to Register:**

**Session 1: Sunday July 12th 10:00 am -12:00 pm**

**Session 2: Thursday July 16 10:00 am - 12:00 pm.**

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.

### **When to Check Out:**

**Session 1:** campers will check out of **Sadler Hall**, Wednesday July 15th between **12:00 and 2:00 pm**

**Session 2:** campers will check out of **Sadler Hall**, Sunday July 19th between **12:00 and 2:00 pm**

**Day Camper Information:** Day campers should be dropped off at Sadler 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. 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](mailto:kaizenfieldhockey@yahoo.com) or 800-783-6594

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

### **General Services**

Access to the facility will be by access/meal card which is received at check-in. All campers must be in their room and lights out by 11 pm. After 11 pm your access card will not work and the front desk must let you into the building.

Colored wrist bands must be worn by all residential campers. This must be shown to RSA on duty for access into the facility.

**Items to Bring to Camp:** ***Mandatory Items*** –field hockey stick, mouth guard, shin guards, turf shoes (tennis shoes, cross trainers), goalie equipment , 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. All sessions are conducted on artificial surfaces; **NO Cleats or NIKE SHOCKS on turf fields bring a flat turf shoe or tennis shoe.**

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 Sadler Hall 1000 Irving Avenue Syracuse, 13244**

\* SADLER HALL IS ACROSS THE STREET FROM THE DOME – AS YOU TRAVEL ON IRVING THE DOME WILL BE ON YOUR LEFT & SADLER WILL BE IN FRONT OF YOU – THE RAYNOR LOT IS TO YOUR RIGHT – We need you to park in the lot do not go through the booth\*

**North** - Interstate 81 south to exit 18. Get in center lane and continue on to Adams Street. Make a left onto Adams Street and proceed to Irving Avenue. Make a right on Irving Avenue and proceed to the end of Irving. **Make a right on E. Raynor Ave and make an immediate right into the parking lot. Sadler Hall is located across the street. Follow signs for field hockey registration**

**South** - Interstate 81 north to exit 18. Merge into the right hand lane and continue on to Adams Street. Make a right onto Adams Street and proceed to Irving Avenue. Make a right on Irving Avenue and proceed to the end of Irving. **Make a right on E. Raynor Ave and make an immediate right into the parking lot. Sadler Hall is located across the street. Follow signs for field hockey registration**

**East** - Interstate 90 to exit 36 Interstate 81 South. Take Interstate 81 South to exit 18. Get in center lane and continue on to Adams Street. Make a left onto Adams Street and proceed to Irving Avenue. Make a right on

Irving Avenue and proceed to the end of Irving. **Make a right on E. Raynor Ave and make an immediate right into the parking lot. Sadler Hall is located across the street. Follow signs for field hockey registration**

*From Interstate 690 west to exit 13 Townsend Street. Turn left on South Townsend Street to Adams Street. Make a left onto Adams Street, and proceed under Interstate 81 to Irving Avenue. Make a right onto Irving Avenue and proceed to the end of Irving Avenue. **Make a right on E. Raynor Ave and make an immediate right into the parking lot. Sadler Hall is located across the street. Follow signs for field hockey registration***

**West** - Interstate 90 or Interstate 690 to Interstate 81 south to exit 18. Get in center lane and continue on to Adams Street. Make a left onto Adams Street and proceed to Irving Avenue. Make a right on Irving Avenue and proceed to the end of Irving Ave. **Make a right on E. Raynor Ave and make an immediate right into the parking lot. Sadler Hall is located across the street. Follow signs for field hockey registration**

**CAMPUS MAPS:**

[http://housingmealplans.syr.edu/pdf/map\\_main\\_campus.pdf](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 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