



ELITE OVERNIGHT CAMP GUIDE

Welcome to the 2018 *PrimeTime Lacrosse* Elite Overnight Camp at Babson College! This document will serve to give you additional information and answer any questions you may have about the program.

Now in it's 10th year, the Elite Overnight Camp at Babson College is where *PrimeTime Lacrosse* began. Lifelong friendships and memories have been made throughout the years and we are constantly humbled by how many former campers have gone on to play NCAA and professional lacrosse!

The Elite Overnight Camp is designed for the experienced player looking to elevate his skills and prepare for an impactful high school career and beyond. This program offers the best of *PrimeTime Lacrosse* coaching expertise and will be led by former and current NCAA players and coaches as well as current MLL players. The daily curriculum is based on the premise that players learn the game of lacrosse best through dynamic skills training, positional awareness, repetition and game play.

We are excited for this coming summer and wish everyone luck with their spring seasons!

Sincerely,

Jason Wellemeyer & Tyler Low
Co-Founders of *PrimeTime Lacrosse*



ELITE OVERNIGHT CAMP

Babson College (Wellesley, MA)
Sunday, July 29th–Thursday, August 2nd
YOG: 2022, 2023, 2024, 2025, 2026, 2027

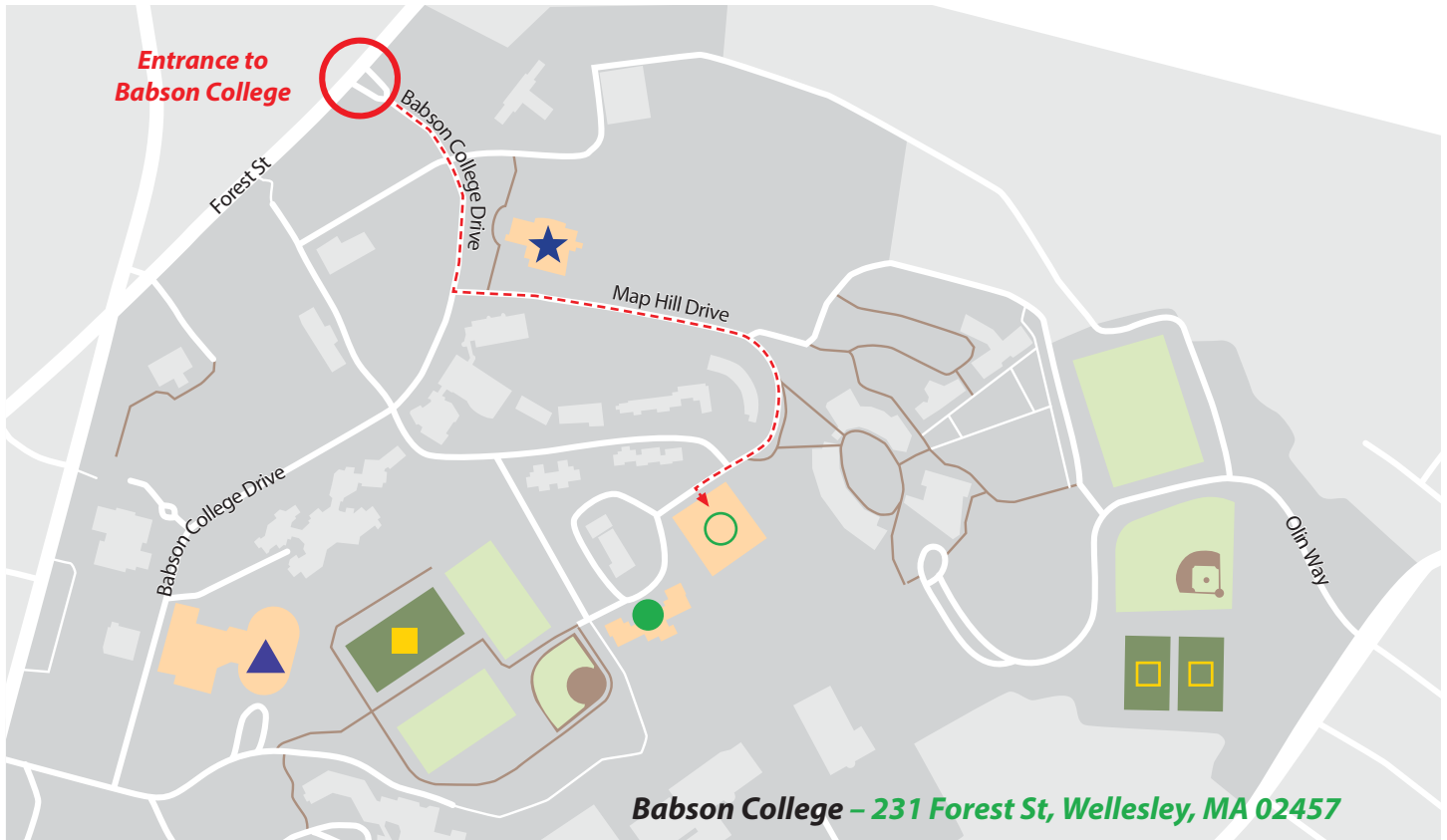
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CAMP STAFF

Camp Director - Alex Bunick	508-612-7260
Co-Owner - Tyler Low	774-721-6091
Co-Owner - Jason Wellemeyer	781-223-1077
Babson College Public Safety	781-239-5555

Parents/Guardians are allowed the right to review all background checks of employees, health care policies, discipline policies and grievance procedures upon request under MA 105 CMR 430.190D

LOCATION INFORMATION



Camp will take place at several locations on the campus of Babson College throughout the week.

- — **Van Winkle Dormitory**
Check-In/Check-Out will take place here.
Overnight campers will reside here during the week and will be the primary meeting location
- — **Coleman Lot**
Parking Lot for Van Winkle Dormitory, used for Check-In/Check-Out
- ★ — **Trim Dining Hall**
Babson College dining hall where campers will eat all meals throughout the week
 - Overnight Campers: Breakfast, lunch, dinner
 - Day Campers: Lunch
- ▲ — **Webster Athletic Center**
Indoor facility for breakout sessions and inclement weather
- — **MacDowell Turf Field**
NCAA turf field; home to the Babson College Beavers
- — **Babson Rugby Grass Fields**
Two pristinely manicured grass fields

PROGRAM OVERVIEW

10 Field Sessions

Morning:

Stick skills and training concepts.
Develop and maintain the core fundamentals of lacrosse.

Afternoon:

Position specific training with current NCAA and MLL coaches. Highly specialized drills designed for all positions.

Evening:

Scrimmages, small sided games and 3v3 tournaments. Each evening players will take what they learned that day and implement them into game situations.

Off-Field Breakout Sessions

- ★ Guest Speaker Matt Rambo
- ★ RPM Athlete Fitness Training
- ★ Stick Stringing Seminar
- ★ Team Building Exercises

Custom Apparel Package

Upon check-in, players will receive a *PrimeTime Lacrosse* apparel package including custom reversible, shorts, shooting shirt, hat and other surprises!

Personalized Player Evaluations

Comprehensive assessment of strengths and weakness provided by coaches throughout the week and skills to work on developing after camp.

World Famous *PrimeTime Lacrosse* Raffle

Wednesday night, all campers will experience this one of kind raffle. Each camper will be guaranteed a prize ranging from helmets, gloves and bags to shafts and heads.

PACKING LIST

The following is a list of mandatory and recommended items for camp:

MANDATORY

Full Lacrosse Equipment

- Helmet
- Gloves
- Stick
- Elbow pads
- Shoulder pads
- Protective cup
- Mouth guard
- Sneakers AND Cleats

Re-usable water bottle

Bed linens and pillow

Bathing suit

2-3 Towels

Toiletries

- Shampoo
- Soap
- Toothbrush
- Toothpaste
- Deodorant
- etc.

RECOMMENDED

Small fan

Several changes of clothes

Flip-flops

Gold Bond powder
(It is a long, hot week, we have found this to be one of the most important items to bring)

Anything that will make campers comfortable throughout the week.

CHECK-IN/CHECK-OUT SCHEDULE

DIRECTIONS: When entering the main entrance off of Forest Street, drive up to the stop sign and turn left. *The Hollister Lot* will be on your right. Check-In will take place at the front entrance of *Van Winkle Dorm*.

Overnight Campers

CHECK-IN: Sunday, July 29th

Group 1

3:00pm–4:00pm

Players with last name A–M

Group 2

4:00pm–5:00pm

Players with last name N–Z

CHECK-OUT: Thursday, August 2nd

Group 1

1:00pm–1:30pm

Players with last name A–M

Group 2

1:30pm–2:00pm

Players with last name N–Z

Day Campers

Sunday, July 29th

CHECK-IN

5:00pm–5:30pm

Van Winkle Dorm

CHECK-OUT

9:00pm–9:30pm

Van Winkle Dorm

**Monday–Wednesday
July 30th–August 1st**

CHECK-IN

8:45am–9:10am

Van Winkle Dorm

CHECK-OUT

5:00pm–5:30pm

Webster Athletic Center

Thursday, August 2nd

CHECK-IN

8:45am–9:10am

Van Winkle Dorm

CHECK-OUT

1:30pm–2:00pm

Van Winkle Dorm

CAMP STORE ACCOUNT

During the week, the Camp Store will be located within the Van Winkle Dorm to allow players to purchase food, beverages and gear/apparel. **During Check-In**, parents will be allowed to put a designated amount of money in an account, which will be held for each camper throughout the week. Money can be placed in the account via cash, check or credit card. This is not mandatory but **HIGHLY RECOMMENDED** so players are not holding cash throughout the week.

Traditionally, \$75-\$100 is placed in the store account.

Money not used at end of week will be refunded to credit card on file used for camp. Anything under \$15 will be distributed in cash at Check-Out.

MEDICAL INFORMATION

A certified Athletic Trainer (AT) will be on site staying in dorms throughout the week as well as traveling with players to all fields sessions and activities. The AT will verify the following information at Check-In:

- Physical/Immunization Form on file prior to the start of camp *(Must be dated within last two years)*
- Medical information completed and accurate
- Medications that need to be taken during the week and if medication needs to be stored with the AT *(This includes Epi-Pens and ALL prescription medications)*
- Player are NOT allowed to take ANY medications without knowledge of the Athletic Trainer. *(This includes Tylenol/Aspirin)*

LOST KEY POLICY

Each Overnight Camper will be given a room key and swipe card for the week of camp. In the event that a player loses a room key there will be a **\$75 charge** made to credit card on file. Unfortunately, this is a Babson College policy and we have no control over this amount. PLEASE ENCOURAGE PLAYERS TO NOT LOSE KEYS.

CAMP POLICIES

There are several camp rules and policies which are very important to the safety and procedure of camp:

- Please make sure all snacks and food items brought to camp are nut free. We want to make sure campers do not have any problems with food allergies.
- Players are NEVER allowed to leave campus at any time and MUST stay with groups throughout the course of the week.
- Players are NEVER allowed to bring outside guests to dorm rooms or any other part of campus.
- The use of alcohol, drugs or tobacco products is strictly prohibited.
- There is a zero tolerance policy for stealing of any kind.

****FAILURE TO COMPLY WITH ANY OF THESE RULES COULD RESULT IN EXPULSION FROM CAMP WITHOUT REFUND. PARENTS WILL BE CALLED AT ANY HOUR OF DAY OR NIGHT. ****