



**The Lacrosse School**  
**P.O. Box 137**  
**Middletown CT 06457**



June 2008

Dear Lacrosse School Camper,

Congratulations on your acceptance to The Lacrosse School at Wesleyan University from July 5<sup>th</sup>-7<sup>th</sup>, 2008. We are excited you have chosen our camp. Your registration form has been received and your place in camp is confirmed. Please find important information regarding camp below.

**Medical Form: (Please return by June 25<sup>th</sup>)** In order to complete the registration process, we ask that you fill out The Lacrosse School medical waiver and confirmation forms that can be found at [www.thelacrosseschool.com](http://www.thelacrosseschool.com).

Once at the website:

- \*Click on **Confirmation information and medical form downloads available here.**
- \*Click on **Medical requirement forms** to download and print.
- \*Click on **Camp welcome letter and directions** to download and print.

In order to expedite registration please complete and mail the forms and no later than **June 25, 2008** to:

The Lacrosse School  
 P.O. Box 137  
 Middletown, CT 06457

If they are not sent by June 25, 2008, please bring them to camp.

If you do not have computer access, please contact us and we will send you paper copies of the forms in the mail.

**Schedule for Check in and Check out:**

Saturday, July 5<sup>th</sup> – Registration and Check-in

10:30-12:30 pm	Registration at Nicholson Dormitories (see map)
1:30 pm	Opening meeting
2:00-4:30 pm	Field Session
5:15 pm	Dinner
6:30 pm	Field Session

Monday, July 7<sup>th</sup> – Check out

1:30-3:00 pm	Tournament finals
3:30 pm	Checkout at dormitories

**What to bring to camp:** Lacrosse camp is like going to practice three times a day - bring several t-shirts and socks. Below is a brief list of the bare essentials for a week of camp. Please use as a guideline for your packing needs.

6-10 t-shirts & socks  
4-6 shorts  
sweatshirt/ sweat pants/rain gear  
cleats  
running shoes/cross-trainers  
mouthguard\*\*

linens – sheets, blanket, pillow, towel  
toiletries  
water bottle  
fan  
sunblock  
goggles\*\*

**Getting to camp:** Enclosed directions will lead you to campus. Parking is available on campus. We will collect your keys on the first day of camp and return them when you depart.

**Camp store:** There will be a camp store where campers can order food, extra gear, and pizza for late night munchies after the game. During registration, there will be a store table where you are able to deposit your money. Recommended amount of money for the week: approximately \$50.00.

**Housing:** Campers and coaches will be staying in the fine college dorms (Nicholson) kept up by Wesleyan University. You may request one roommate, but it cannot be guaranteed. There will be a coach on every floor. The fields and dining area are all within a 10-minute walk.

**\*\* Please bring a check in the amount of \$30 made out to Wesleyan University for your key deposit. It will be returned on the last day of camp when you return your key.**

**Emergency phone numbers:** In case you need to contact a camper or coach for any reason, the numbers below will get you directly to Holly Wheeler.

Work number: 860.685.2906

Cell number: 860.966.0029

**Mailing address for week of camp:**

Camper Name  
The Lacrosse School  
161 Cross Street  
Middletown, CT 06459

If you have any questions before July 5<sup>th</sup>, please contact Holly Wheeler at 860.685.2906 or [hwheeler@wesleyan.edu](mailto:hwheeler@wesleyan.edu). We look forward to seeing you in July!

Laura Field and Holly Wheeler  
Directors, The Lacrosse School  
[laura.field@yale.edu](mailto:laura.field@yale.edu)  
[hwheeler@wesleyan.edu](mailto:hwheeler@wesleyan.edu)

### **Forms Required for Every Camper:**

- Medical History Information**
- Informed Consent and Permission to Participate**
- Proof of Physical Exam**
- Authorization for Administration of Medications**

## Travel to Wesleyan University-Nicholson Dormitories

### By Car

- **From Hartford and Points North:** Take I-91 South, Exit 22S, to Route 9 South. At Exit 15, turn right on to Route 66 West (Washington Street) and follow the signs to Wesleyan University. Turn left on to High Street and see the campus on your right. Take a right on Church Street (turns into Cross Street). Take a right at the stop sign into campus. Drop off in the circle and park in the Vine Street parking lot (take a right at the stop sign and right at the light. The Vine Street lot is a few hundred yards up on the left).
- **From New Haven, New York, and Points South:** Take I-91 North, Exit 18 to Route 691/66 East OR the Merritt/Wilbur Cross Parkway (Route 15 North), Exit 68 to I-91 North. Take Exit 18 onto Route 691/66 East. Route 66 becomes Washington Street in Middletown. Follow the signs to Wesleyan University. Turn right on to High Street and see the campus on your right. Take a right on Church Street (turns into Cross Street). Take a right at the stop sign into campus. Drop off in the circle and park in the Vine Street parking lot (take a right at the stop sign and right at the light. The Vine Street lot is a few hundred yards up on the left).
- **From Waterbury and Points West:** Take I-84, Exit 27 to Route 691/66 East. Route 66 becomes Washington Street in Middletown. Follow the signs to Wesleyan University. Turn right on to High Street and see the campus on your right. Take a right on Church Street (turns into Cross Street). Take a right at the stop sign into campus. Drop off in the circle and park in the Vine Street parking lot (take a right at the stop sign and right at the light. The Vine Street lot is a few hundred yards up on the left).
- **From Boston and Points Northeast:** Massachusetts Turnpike (I-90) West to I-84 West to Hartford. Exit 57 to I-91 South, Exit 22 South to Route 9 South. At Exit 15, turn right on to Route 66 West (Washington Street) and follow the signs to Wesleyan University. Turn left on to High Street and see the campus on your right. Take a right on Church Street (turns into Cross Street). Take a right at the stop sign into campus. Drop off in the circle and park in the Vine Street parking lot (take a right at the stop sign and right at the light. The Vine Street lot is a few hundred yards up on the left).

OR

Interstate 95 South through Providence, Exit 69 to Route 9 North. At Exit 15, turn left on to Route 66 West (Washington Street) and follow the signs to Wesleyan University. Turn left on to High Street and see the campus on your right. Take a right on Church Street (turns into Cross Street). Take a right at the stop sign into campus. Drop off in the circle and park in the Vine Street parking lot (take a right at the stop sign and right at the light. The Vine Street lot is a few hundred yards up on the left).

### By bus or train

The Peter Pan Bus Line (800-237-8747) stops in Middletown, with connections throughout the Northeast. Metro North train line (800-638-7646) connects from New York to New Haven; the Peter Pan bus line connects from the New Haven train station to Middletown. Amtrak train service arrives and departs from Meriden, about eight miles from campus. Call (860) 235-3042 or (800) 872-7245 for schedules.

### By Air

Approximately \$75 from Wesleyan to Bradley International Airport in Windsor Locks, CT (approx. 40 min).

### TAXI/SHUTTLE SERVICES (call in advance)

Avalon Transportation  
(860) 895-5466  
www.avalontrans.com

Essex Taxi  
(860) 767-7433

Bill's Taxi  
(860) 559-1040

Executive 2000  
(860) 635-8222

Connecticut Limo  
(800) 472-5466  
www.ctlimo.com

Hunter Limo  
(860) 344-1130

Eddie's Cab Co.  
(860) 570-1129

Yellow Cab Co.  
(860) 666-6666

Essex Limousine  
(860) 767-2152