



X10 LACROSSE CAMPS

PARENT HANDBOOK AND PACKING LIST

GENERAL RULES AND POLICIES

Please reinforce the following rules with your child before camp begins:

SUBSTANCES: The use of cigarettes, vapes, drugs (including marijuana) and alcohol is strictly prohibited. Any athlete disobeying this rule will be asked to leave after his/her parents have been notified. There will be no refund for athletes who are dismissed for violating this policy.

BULLYING: The simple rule we follow at X10 is that no one is allowed to have fun at someone else's expense. We can not and will not tolerate disrespectful and/or inappropriate behavior to peers or staff.

GRAFFITI: Any athlete defacing (graffiti) camp property will be billed for damages and may be asked to leave camp. This includes the writing of names or initials on bunks, beds, cubbies, walls or other property in the cabin.

HAZARDOUS ITEMS: Knives, including Swiss Army or Boy Scout types, are prohibited. Laser pointers, aerosol cans of any kind, scissors, lighters, and fireworks are also prohibited. These items can create hazards at camp and will be confiscated. Anyone found possessing such items may be sent home.

GRATUITIES

We prohibit offering gratuities to counselors and staff.

ELECTRONICS POLICY - NO CELL PHONES!!

Cell phones, electronic games and communications devices are not allowed at camp. It is our goal to provide positive experiences for all of our athletes. One of the ways we accomplish this is by limiting electronics in camp, thereby encouraging our campers to socialize through activities. This policy also safeguards and protects your children.

All devices that play music and video are strictly prohibited as are electronic games and music players. Prohibited items include, but are not limited to: MP3 Players, iPod, Video Game Players such as Gameboys and PSP's, DVD players, video cameras, and other devices.

VALUABLES

Please do not send any valuable or expensive items to camp. X10 is not responsible for items that are damaged or lost.

SPENDING MONEY

There is no need for your child to bring money to camp. All snacks and drinks are provided.

FOOD AND DRINKS

All snacks and drinks will be provided by the camp. We do not allow drinks or food in the cabins or rooms.

HEALTH POLICIES

The Health Center will be staffed with a nurse and an Athletic Trainer 24-hours a day. In addition, many of our staff have been trained in First Aid and CPR. If your child encounters any serious medical problems, our Head Nurse or one of the Directors will contact you immediately.

EYEGGLASSES: If your child wears prescription eyeglasses or contacts, please send a second pair with them Camp. We will keep the extra pair in the Health Center. Please label both pairs with your child's first and last name.

DENTAL CHECK-UP AND ORTHODONTURE: Parents of children undergoing orthodontic treatment should relay any special instructions to us on the medical form.

INSURANCE: Please complete the insurance information on the medical forms and upload into the system. Medical attention in our Health Center is covered by tuition. Any additional charges incurred while at X10 ADK are the responsibility of the child's parents.

PARENT/GUARDIAN NOTIFICATION GUIDELINES: Our medical staff will contact home if:

- Your child needs to be seen by an outside practitioner
- Your child needs to spend the night in the Health Center
- There is an emergency
- There is a general medical concern or question about your child

We will generally not contact home for routine issues unless the medical staff deems such contact necessary.

MEDICAL FORMS

Directions for providing medical forms and providing additional camper information:

Log into PARENT DASHBOARD at www.x10lacrosse.leagueapps.com

1) Log into My Account 2) Click on Camper's name 3) Medical forms

All X10 Lacrosse Camp medical forms must be completed and uploaded to the parent dashboard by the start of camp.

The Health Department requires that complete and up-to-date medical forms be on file for each athlete.

If your child develops an illness or medical condition after you have submitted your medical forms, please contact Emily Bocklet 518-207-5272, info@x10lacrosse.com.

Camp Echo Lake, Kent School and The Wasatch Academy dining halls are nut-free facilities and provide gluten-free and dairy-free options for those with dietary restrictions.

COMMUNICABLE DISEASES

Children may not attend camp until they have fully recovered from any illness.

GENERAL: If your child had or was exposed to any communicable diseases within 2 weeks of coming to the camp including Covid, lice, strep throat and chicken pox, please notify the X10 Lacrosse Camps

immediately.

MEDICATION

Athletes are not allowed to keep any medication with them while at Camp. All medication (over the-counter or prescription) must be stored in the Health Center.

- Medications must be handed to the camp nurse upon arrival.
- Medications must be in original packaging with MD's prescription.
- Medications must be enclosed in a clear zip lock bag with the camper's name.

SELF-ADMINISTERED MEDICATIONS: Please print out the "Use of Self Administered Medication Form" at the end of this handbook **only if** your child needs to keep an inhaler or Epi-pen on his/her person. If so, please send your child with two inhalers and/or Epi-pens (one for your child and one to be kept in the Health Center.) Please send a copy with your child to camp with his/her inhaler or Epi-pen.

COMMUNICATION

MAIL/PACKAGES

X10 does not permit mail or packages to be sent to athletes. If a package is received, it will be held and returned to the athlete at departure.

TELEPHONE

X10 does not allow calls home during the week of camp. The one exception is for your child's birthday.

CONTACT WITH DIRECTORS: Families are welcome to reach us at any time during the summer at: (518) 207-5272. We will do our best to return your call the same day, but please understand that we are with the athletes during the day and will not be able to return the call until the evening. Parents who want to communicate with the Directors via email can reach them at info@X10Lacrosse.com.

CONTACT WITH TRAVELING PARENTS: Parents who are vacationing or traveling must provide a detailed itinerary. Please include an email address (if possible) and a cell phone number. If circumstances will not permit us to reach you at any given time, make sure that we have the name and phone number of a close relative or friend. All of this information should be provided on the "Emergency Contact Form" and the "Parent's Quick Notes" on the Google Form. Any changes or additional information to an itinerary should be emailed to info@X10Lacrosse.com.

CLOTHING/PACKING LIST

X10 provides each camper with one (1) reversible jersey. **All items brought to camp must be clearly marked with the camper's name.** Do not send costly clothing.

APPAREL

- 5 Short Sleeved T-shirts
- 1 Long Sleeved Tee
- 6 Pairs of Shorts
- 1 Sweatshirt
- 1 Pants (Jeans, Sweats, etc)
- 6 Pairs of Underpants
- 8 Pairs of Socks
- 1 Set of Sleep Wear 1 Swimsuit

BED AND BATH ITEMS

- 1 Standard Pillow with Twin Sheet
- 1 Sleeping Bag or Blanket
- 1 Shower Organizer/Plastic Bucket
- Toiletries - Toothbrush, Toothpaste, Hair
Brush, Soap, Shampoo, Towel
- 1 Laundry Bag with name on it
- 1 Small fan - there is no AC in the dorms

LACROSSE GEAR/ GIRLS

- Stick
- Cleats
- Eye Goggles
- Mouthpiece
- **Water Bottle**

LACROSSE GEAR/ BOYS

- Helmet
- Pads - gloves, elbow pads, rib guards
- Stick
- Protective Cup (Mandatory)
- **Water Bottle**

SUGGESTED BAGGAGE

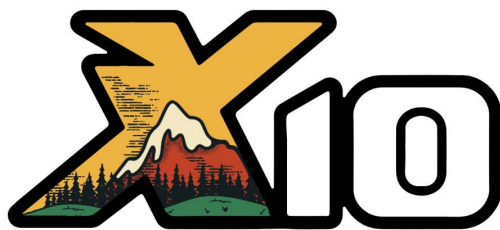
- 1 Soft Sided Duffel
- 1 Equipment Bag

SNACKS AND DRINKS

All snacks and drinks will be provided by X10. Campers are not allowed to have food or drink in their cabins or their rooms. If campers arrive at camp with snacks or drinks they will be held by staff until departure. Except for a reusable **water bottle**.

X10 APPAREL

X10 apparel will be available to purchase at drop off and pick up



USE OF SELF-ADMINISTERED EMERGENCY MEDICATION

To be completed for all campers who use self-administered emergency medication.

One per camper.

Camper's Name _____

I, _____, parent or guardian of the above named camper, give permission during his/her time at camp, to have readily available (carry or possess outside of the regular supervision of the camp's health staff) and to self-administer as medically necessary:

Check all that apply or list other emergency self-medication device.

- Asthma Inhaler
- Epinephrine Pen
- Other (please list) _____

I confirm that my child has the knowledge and the skills to safely have readily available and to self-administer the indicated emergency medication in camp.

Signature of Parent or Guardian _____

Date _____