



2010 GIRLS' VOLLEYBALL CAMP

Dear Camper,

I am happy to inform you that you have been accepted to attend the Hartwick College Girls' Volleyball Camp.

- **Camp Dates: Sunday, August 1st – Thursday, August 5th.**
- **Registration (Residents and Commuters): Sunday, August 1st at 12:00-1:00 p.m. in Wilder Hall.**
- **HEALTH EXAMINATION FORM (INCLUDING DOCUMENTATION OF IMMUNIZATIONS AND PHYSICAL EXAMINATION WITHIN THE PAST YEAR) AND MEDICATION SHEET MUST BE SUBMITTED ONE WEEK PRIOR TO YOUR ARRIVAL TO CAMP.**
- **ANY HEALTH RELATED DOCUMENTS AND/OR MEDICATIONS (PRESCRIPTION OR OVER-THE-COUNTER) MUST BE DROPPED OFF AT THE PERRELLA WELLNESS CENTER PRIOR TO REPORTING FOR REGISTRATION.**
- **FULL PAYMENT is due on or before registration.**
- **Camp Ends: Thursday, August 5th ... arrangements should be made to leave after the camp ceremony at 12:00 p.m.**

Daily Schedule

7:30 AM - 8:30 AM	Breakfast (Residents)
9:00 AM	Commuters Arrive
9:15 AM - 11:30 AM	Skills building
11:30 AM - 1:00 PM	Lunch
2:00 PM - 4:00 PM	Skills & Small Games
4:00 PM – 4:45 PM	Pool
5:00 PM - 6:00 PM	Dinner
6:45 PM - 8:45 PM	Games
8:45 PM	Commuters Depart
9:00 PM - 11:00 PM	Free Time
11:15 PM	Lights Out

We are looking forward to seeing you at camp this summer. If you have any questions, please do not hesitate to contact me.

Louise Lansing
Camp Director
607-431-4722
lansingl@hartwick.edu

P.S. You may also contact the Summer Sports Camps Office 607-431-7000.

GIRLS' VOLLEYBALL CAMP CHECKLIST

CAMPER'S CHECKLIST – MANDATORY NEEDS:

____ PERSONAL WATER BOTTLE * (32 Ounces)

____ COMBINATION LOCK *

____ SWIM SUIT *

____ SNEAKERS *

____ KNEEPADS*

____ FLIP-FLOPS / SLIDES*

____ TOWEL*

***All campers must bring these items
daily to camp sessions.**

CAMPER'S CHECKLIST – RECOMMENDED NEEDS:

NOTE: some items listed below may be specific to resident campers only

____ Cell phone

____ Sweat socks

____ Gym shorts

____ T-shirts (to play in)

____ Sweatshirt/sweatpants/jacket

____ Fan

____ Window Screen

____ Small clock

____ Laundry bag

____ Soap

____ Shampoo

____ Toothpaste

____ Brush/comb

____ Towels

____ Linens (sheets, pillows/blankets)

____ Change for phone calls/vending machines/ laundry machines

We recommend that you do not bring radios, "boom boxes", jewelry, or other valuable items. We cannot assume liability for loss of such items. Each resident camper will have a key to her room. If you have any questions, please do not hesitate to contact the Summer Sports Camp Office at 607-431-7000.