



2018 Amonte Sports Elite & Team Overnight/Commuter Camp July 23-26 •Northwestern University, Evanston, IL

Thank you for registering for the 2018 Amonte Sports Elite & Team Lacrosse Camp at Northwestern University. We have assembled some of the top players and coaches from across the country to help you improve your skills, as well as leave with a greater understanding and love for the game.

The information in this packet is VERY IMPORTANT. Please read it thoroughly and feel free to call or email us at (773) 771-3178 or lisa@amontesports.com. You can also find these documents online at www.amontesports.com.

REGISTRATION TIMES AND LOCATION

- Sports Performance Registration: 8:15 AM-9:00 AM (**LUNCH WILL BE PROVIDED***)
- Draw Clinic Registration: 10:15 AM-11:00 AM
- Shooting Clinic Registration: 12:15 PM – 1:00 PM
- Regular Camp Registration: 2:30 PM-3:30 PM, Bobb McCulloch Dorm, 2305 Sheridan Road, on the Northwestern University Campus.

Camp will take place at the Lanny & Sharon Martin Stadium, 2235 Campus Drive. Signs will be posted on campus directing you to registration. There are directions to Martin Field included in this packet.

CAMP ENDS ON JULY 26 at 12:15 PM.

HEALTH AND SAFETY

There will be a certified athletic trainer working at camp, available to attend to players' needs at all times during the week. Drugs, alcoholic beverages, and cigarettes are strictly forbidden and constitute along with general misconduct, grounds for immediate dismissal without refund or credit.

MEDICAL PAPERWORK

In order to attend camp, participants **MUST** submit a Health & Release Authorization waiver **AND** their recent Physical and Immunization records.

Online registrants have already uploaded the Health & Release Authorization waiver, as well as the Physical and Immunization records. **Bring a hardcopy to registration if not uploaded during online registration*.**

Offline registrants **MUST** submit the Health & Release Authorization waiver and Physical and Immunization records by June 15, 2018. Please email them to info@amontesports.com or mail them to Amonte Sports, PO Box 8009, Evanston, IL 60204.

CONTACT PHONE NUMBER AT CAMP

If you need to reach the Amonte Sports staff or your daughter during the camp day, please call (773) 771-3178. If no one answers, please leave a message and a representative will return your call or relay the message to your daughter.

TRAVEL

If you will be flying into camp, please use Chicago O'Hare or Midway Airport. Amonte Sports has two (2) recommendations for pre-arranged airport transport to/from (transport is not provided and is the participant's responsibility):

- Mike Gintzler Limo Service (#312-504-8367)
- UBER (download App & setup account to schedule transport from airport)

HOTEL

If you plan to accompany your child at camp, or need to arrive the day before check-in, we have a special discounted rate at the Hilton Garden Inn (1818 Maple), which is just minutes from campus. To make a reservation, please call **(800) STAYHGI** with the group code NSE and hotel code is ORDEVGI or online with the link below:

<http://group.hiltongardeninn.com/nusummerelitecamp>

COMMUTERS

On the first day of camp commuters should report to registration dressed and ready to play. All other days, the arrival time is 8:45 am and departure at 8:00 pm. The drop off location will be the McCulloch Dorm: 2315 Sheridan Rd. Evanston, IL 60201. The pick up location will be the Lanny and Sharon Martin Stadium (formerly Lakeside Field): 2235 Campus Drive Evanston, IL 60208. If commuters should drive to camp they will not be allowed to retreat from the campus during the course of the day. Lunch and dinner will be provided.

CHECKLIST OF THINGS TO BRING

- T-shirts
- Sweat Pants
- Athletic Socks
- Mouth Guard
- Insect Repellent
- Gloves (optional)
- Pillow, Pillowcase
- Towel
- Shorts
- Sports Bras
- Sneakers
- Water Bottle
- Goggles
- Spending Money
- Bed Sheets, Blanket
- Bathing Suit
- Sweatshirt
- Cleats
- Lacrosse Stick
- Sunscreen
- Fan

For Goalies

- Goalie Equipment
- Goalie Stick
- Helmet

ROOMMATES

Campers will be assigned to a room based on age and roommate. Request. If you have a roommate request that you have not yet indicated to us, please do so no later than 15 days before camp starts. We do everything we can to accommodate all roommate requests, however we cannot make any guarantees based on housing logistics.

CAMP GAMES

Camp games will take place every evening during our night session. Parents are welcome to come and watch. On the last day of camp parents are welcome to come and watch tournament play that will run from approximately 8:00 am–12:00 pm.

SPENDING MONEY

There will be a camp store for participants to purchase drinks and 2018 Amonte Sports lacrosse apparel/merchandise. There will be a bank to give players to option to store money for the duration of the week.

PAYMENT

Amonte Sports must receive full payment by June 1st. If you registered online, your remaining balance due will automatically be charged to your credit card on June 1st, prior to the start of camp.

CANCELLATION POLICY

Amonte Sports Cancellation Insurance:

For an additional \$35, cancellation insurance can be added to your registration. Our cancellation insurance entitles you to a full cash refund of all school fees paid to Amonte Sports at the time of cancellation. An administrative fee of \$50 will be applied to any cash refund for cancellations. Note that the \$35 cancellation insurance is non-refundable. To receive a full cash refund, you must email Amonte Sports, info@amontesports.com, prior to the start of camp. Cancellation insurance must be purchased upon initial registration/deposit, and cannot be added retroactively. Refunds will be processed by August 15th.

AMONTE SPORTS GENERAL CANCELLATION POLICY

This policy applies to all participants in Amonte Sports Events. If you cancel from the Event you have registered for, for any reason, the registration fees are **non-refundable**. Cash refunds will only be issued with the purchase of **cancellation insurance** (for camps/schools only) when available. Cancellations must be made in writing via email to:

info@amontesports.com. An administrative fee of \$50 will be applied to any cash refund for cancellations.

INTERESTED IN VISITING DOWNTOWN EVANSTON?

If you are interested in touring downtown Evanston while your daughter is at camp, follow the directions below to downtown Evanston. (Clark and Sherman):

- Heading South on Sheridan Rd. from Northwestern Campus, stay right as the road forks

*There are numerous restaurants and shops on Sherman Ave.

- Turn right onto Clark Street
- Turn left onto Sherman Ave. and enter the heart of downtown Evanston



UNDER ARMOUR.

ATHLETICO
PHYSICAL THERAPY

Northwestern University - Elite Camp Daily Schedule:

(Schedule is subject to vary based on logistics of the camp)

Monday, July 23, 2018

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| Check in @ Bobb-McCulloch Dorm | 2:30-3:30 pm |
| Meeting and Welcome | 3:45 pm |
| *Rules/Regulation/Intros/Tour | |
| Skills 1/Strength 1 | 4:00 pm-5:30 pm |
| Dinner | 5:45 pm-6:45 pm |
| *Evening Games | 7:00 pm-8:00 pm |

Commuters must check out and be picked up at the Lanny & Sharon Martin Stadium (formerly Lakeside Field) 8:00pm

It is optional to stay for the camper counselor challenge.

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| Camper Counselor Challenge | 8:00 pm-8:45 pm |
| Lacrosse Films/Camp Store | 8:00 pm-10:00 pm |
| Attendance Call in Dorms | 10:05 pm |
| Lights Out | 10:45 pm |

Tuesday, July 24, 2018

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| Breakfast | 7:30 am-9:00 am |
| Commuter drop off and check in at Lanny Martin Field | 9:00 am |

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| Skills 2/Strength 2 | 9:00 am-11:40 pm |
| Lunch | 12:00 pm-1:00 pm |
| Break | 1:00 pm-1:50 pm |
| Small Space instruction/play | 2:00 pm-4:40 pm |
| Dinner | 5:00pm-6:00pm |
| *Evening Games | 6:00pm-8:00pm |

Commuters must check out and be picked up at the Lanny & Sharon Martin Stadium (formerly Lakeside Field) 8:00 pm

It is optional to stay for the camper counselor challenge.

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|-----------------------------|------------------|
| *Camper Counselor Challenge | 8:00 pm-8:45 pm |
| College talk | 8:00 pm-10:00 pm |
| Attendance Call in Dorms | 10:05 pm |
| Lights out | 10:45 pm |

Wednesday, July 25, 2018

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| Breakfast | 7:30 am-9:00 am |
| Commuter drop off and check in at Lanny Martin Field | 9:00 am |
| Skills 3/Strength 3 | 9:00 am-11:40 pm |
| Lunch | 12:00 pm-1:00 pm |
| Break | 1:00 pm-1:50 pm |
| Small Space instruction/play | 2:00 pm-4:40 pm |
| Dinner | 5:00 pm-6:00 pm |
| *Evening Games 6:00pm-8:00pm | |

Commuters must check out and be picked up at the Lanny & Sharon Martin Stadium (formerly Lakeside Field) 8:00 pm

It is optional to stay for the camper counselor challenge.

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|-----------------------------|------------------|
| *Camper Counselor Challenge | 8:00 pm-8:45 pm |
| College talk & Talent Show | 8:00 pm-10:00 pm |
| Attendance Call in Dorms | 10:05 pm |
| Lights out | 10:45 pm |

***Parents are welcomed to come and watch evening games and our final tournament.**

Thursday July 26, 2018

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| Breakfast | 7:00 am-7:45 am |
| *Final Session/Tournament Games | 8:00 am-12:00 pm |
| *Awards & Goodbyes/Check out Departure | 12:15pm |

DIRECTIONS TO NORTHWESTERN UNIVERSITY

Getting to Evanston from the North (via I-94)

Take I-94 south to Skokie Blvd follow southbound Skokie Blvd approximately 2 miles to Golf Rd Turn left at the traffic light onto eastbound Golf Rd. Follow Golf Rd approximately four miles into Evanston (road name changes to Emerson St in Evanston!) Just past Maple St in Evanston is a fork in the road; bear to the right to go onto Clark St. Follow Clark St through downtown Evanston. You'll know you're going the correct way when you note some landmarks: the Rebecca Crown Center (which houses the offices of the Central Administration of Northwestern) on the north side of Clark St (to your left) a Burger King restaurant on the south side of Clark St (to your right). Clark St ends at Sheridan Rd. Take a left onto Sheridan road and bear to the left (westbound) when it reaches the main body of the Evanston campus. Please follow the registration directions below once you are on campus!

Getting to Evanston from the West or Northwest (via I-88, I-90 or I-190)

Take I-88, I-90 or I-190 eastbound until you reach northbound I-294 (toward Wisconsin). Take I-294 north to Dempster St east follow Dempster St approximately ten miles through the suburbs of Des Plaines, Park Ridge, Niles, Morton Grove, Skokie and Evanston. Turn left onto northbound Forest Ave just through downtown Evanston (the last traffic light before Dempster St ends at Lake Michigan); You know you'll be approaching this light by looking for the following landmarks: the second-to-last traffic light is at Chicago Ave, in downtown Evanston. At this intersection there is a Baskin-Robbins ice cream shop on the left (northeast corner), and a pet store on the right (southwest corner). One block past Chicago Ave is Hinman Ave; the intersection of Dempster and Hinman is a four-way stop. On the left (northeast corner) is an elementary school. Two blocks further is Forest Ave and its traffic light. Follow northbound Forest Ave for approximately half a mile, curving to the right (eastbound), then left (northbound), until it merges with and ends at Sheridan Rd. When this occurs, you will see Lake Michigan on your right (to the east). Sheridan Rd curves to the left (westbound) when it reaches the main body of the Evanston campus. Please follow the registration directions below once you are on campus!

Getting to Evanston from the West or Southwest (via I-55 or I-80)

If coming in on eastbound I-80, follow I-80 until the interchange with I-55; take northbound I-55. Follow northbound I-55 until the interchange with I-90/I-94; take northbound I-90/I-94. When I-94 splits from I-90, bear to the right, staying on I-94 take I-94 north to Dempster St east follow Dempster St approximately five miles through the suburbs of Skokie and Evanston turn left onto northbound Forest Ave just through downtown Evanston (the last traffic light before Dempster St ends at Lake Michigan); you know you'll be approaching this light by looking for the following landmarks: the second-to-last traffic light is at Chicago Ave, in downtown Evanston. At this intersection there is a Baskin-Robbins ice cream shop on the left (northeast corner), and a pet store on the right (southwest corner). One block past Chicago Ave is Hinman Ave; the intersection of Dempster and Hinman is a four-way stop. On the left (northeast corner) is an elementary school. Two blocks further is Forest Ave and its traffic light. follow northbound Forest Ave for approximately half a mile, curving to the right (eastbound), then left (northbound), until it merges with and ends at Sheridan Rd. When this occurs, you will see Lake Michigan on your right (to the east). Sheridan Rd curves to the left (westbound) when it reaches the main body of the Evanston campus. Please follow the registration directions below once you are on campus!

Getting to Evanston from the East or South (via I-94, I-90, I-80 or I-57)

Once you reach the Chicago area, get onto northbound I-94. Please make the following notes. If you are coming from I-80/I-94: I-94 splits from I-80 and heads northbound south of Chicago I-57: I-57 ends at and merges into I-94 on the southside of Chicago I-90: I-90 merges with I-94 on the southside of Chicago Once you are on northbound I-94: when I-94 splits from I-90, bear to the right, staying on I-94 take I-94 north to Dempster St east. Follow Dempster St approximately five miles through the suburbs of Skokie and Evanston turn left onto northbound Forest Ave just through downtown Evanston (the last traffic light before Dempster St ends at Lake Michigan); you know you'll be approaching this light by looking for the following landmarks: the second-to-last traffic light is at Chicago Ave, in downtown Evanston. At this intersection there is a Baskin-Robbins ice cream shop on the left (northeast corner), and a pet store on the right (southwest corner). One block past Chicago Ave is Hinman Ave; the intersection of Dempster and Hinman is a four-way stop. On the left (northeast corner) is an elementary school. Two blocks further is Forest Ave and its traffic light. Follow northbound Forest Ave for approximately half a mile, curving to the right (eastbound), then left (northbound), until it merges with and ends at Sheridan Rd. When this occurs, you will see Lake Michigan on your right (to the east). Sheridan Rd curves to the left (westbound) when it reaches the main body of the Evanston campus. Please follow the registration directions below once you are on campus!

Directions to Lanny & Sharon Martin Field

2235 Campus Drive, Evanston, IL

From the corner of Sheridan Ave. & Lincoln Street, turn east onto Campus Drive. Follow Campus Drive around the parking garage and continue towards the lake. You will see the athletic facilities on your right.