



Amonte Sports-Northwestern Lacrosse 2020 Day School June 22-25 • Milton Academy, Milton, MA

Thank you for registering for the Amonte Sports-Northwestern Lacrosse Day School at Milton Academy. 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 info@amontesports.com. You can also find these documents online at www.amontesports.com.

REGISTRATION TIMES AND LOCATION

Check in is at 8:30 am-9:00 am on June 22

Directions to registration will be sent the week prior to the start of camp. Signs will also be posted on campus directing you to registration. There are directions to Milton Academy included in this packet.

Players should bring a packed lunch for the duration of the week.

CAMP ENDS AT 12:15 PM ON JUNE 25, 2020. All sessions, including the final day, will include instruction to help each player improve her skill level.

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 school, participants **MUST** sign the Health & Release Authorization online waiver (done during online registration) **AND** provide their most **recent Physical and Immunization records**. You can upload the Physical and Immunization records during the registration process.

If you don't upload your daughter's physical and immunization records during the registration process, you can either email them to info@amontesports.com or bring a hardcopy of them to check in on the first day of camp.

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.

CHECKLIST OF THINGS TO BRING

- T-shirts
- Sweat Pants
- Athletic Socks
- Mouth Guard
- Insect Repellent
- Gloves (optional)
- **LUNCH!!!!**
- Shorts
- Sports Bras
- Sneakers
- Water Bottle
- Goggles
- Spending Money
- Sweatshirt
- Cleats
- Lacrosse Stick
- Sunscreen

For Goalies

- Goalie Equipment
- Goalie Stick
- Helmet

SPENDING MONEY

There will be a camp store for participants to purchase snacks, drinks and 2020 Amonte Sports-Northwestern Lacrosse apparel/merchandise.

PAYMENT

Amonte Sports must receive full payment upon registration.

CANCELLATION POLICY

Amonte Sports Cancellation Insurance:

For an additional \$45, 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. Note that the \$45 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. An administrative fee of \$50 will be applied to any cash refund for cancellations. Refunds will be processed by August 1st.

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.



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DIRECTIONS TO MILTON ACADEMY

170 Centre Street, Milton, MA 02186

From Boston or Logan Airport by automobile

Take I-93 south (Fitzgerald "Southeast" Expressway) to Exit 10, Squantum Street, Milton. Turn right at the stop sign. Go 2/10 mile to traffic light, then bear left onto Centre Street. Milton Academy is just after the second traffic light.

By automobile from the South Shore

Follow Route 3 north to I-93 south (Route 128 north toward Route 95) to Exit 5B. Travel north on Randolph Avenue (Route 28 north) to the fifth traffic light. (Do not turn left at the fourth traffic light where Route 28 diverges). At fifth traffic light, turn left onto Centre Street. This is Milton Academy.

By automobile from the Massachusetts Turnpike

Take I-95 south (Route 128 south). When I-95 veers off to Providence, stay on 128 south (I-93 toward Braintree) to Exit 5B. Travel north on Randolph Avenue (Route 28 north) to the fifth traffic light. (Do not turn left at the fourth traffic light where Route 28 diverges). At fifth traffic light, turn left onto Centre Street. This is Milton Academy.

By automobile from New York City via Providence

Take I-95 north to I-93 north toward Braintree (Route 128 south) to Exit 5B. Travel north on Randolph Avenue (Route 28 north) to the fifth traffic light. (Do not turn left at the fourth traffic light where Route 28 diverges). At fifth traffic light, turn left onto Centre Street. This is Milton Academy.

From Boston by Public Transportation

Take the MBTA Red Line (Harvard/Ashmont) train southbound for Ashmont (not Quincy/Braintree). At Ashmont station, change for trolley marked Mattapan. Get off at the stop marked Milton. Telephone for a taxi or walk one mile south on Randolph Avenue to the intersection with Centre Street. This is Milton Academy.

MILTON ACADEMY
YOUTH SCHOOL DAILY SCHEDULE
(Schedule is subject to vary based on logistics of the week)

Monday, June 22, 2020

Check in @ Milton Academy	8:30 am-9:00 am
Warm up	9:00 am- 9:15 am
Demo	9:15 am- 9:45 am
Skills Session 1	9:45 am-12:00 pm
Lunch	12:00 pm-1:00 pm
Demo	1:00 pm-1:15pm
Skills Session 2	1:15 pm-3:00pm
Checkout and Departure	3:00 pm

Tuesday, June 23, 2020

Check in	9:00 am-9:15 am
Warm up	9:15 am-9:45 am
Stickwork/Demos Skills	9:45 am-10:15 am
Session 1	10:15 am-12:00 pm
Lunch	12:00 pm-1:00 pm
Demo	1:00 pm-1:15 pm
Skills Session 2	1:15 pm-3:00 pm
Checkout and Departure	3:00pm

Wednesday, June 24, 2020

Check in	9:00 am-9:15 am
Warm up	9:15 am-9:45 am
Stickwork/Demos Skills	9:45 am-10:15 am
Session 1	10:15 am-12:00 pm
Lunch	12:00 pm-1:00 pm
Demo	1:00 pm-1:15pm
Skills Session 2	1:15-3:00pm
Checkout and Departure	3 pm

Thursday, June 25, 2020

Check in	9:00 am-9:15 am
Warm up	9:15 am-9:45 am
Stickwork/Demos Closing	9:45 am-10:15 am
Day Games	10:15 am-12:00 pm
Check out and Departure	12:15 pm

*Location for drop off/pick up will be communicated during check-in on the first day.