

THINGS TO REMEMBER FOR CAMP ON SUNDAY, JUNE 6, 2010

THANK YOU for making the decision to support Lauren's First and Goal Foundation by registering to attend the 7th annual Football Camp. You are part of a circle of strength that we want to continue to grow each year. We are looking forward to a great day, and want everyone in attendance to come away with a positive experience. If there is something that we can do to help ensure your satisfaction, please let us know.

The camp is located at Metzgar Fields on Route 115 in Easton, Forks Township, PA 18040. This location is about two miles north of the Lafayette academic campus and football stadium. No one will be at the stadium on the 6th.

The camp goes on rain or shine. Please dress accordingly.

You do not need to wear/bring pads or helmets. Please wear grass cleats if you have them. QB's can bring your own ball. No other position should bring a ball.

Wear sunscreen.

Check-in begins at 7:30 a.m. and camp begins at 9 a.m. We are anticipating more than 1,700 players, so please make sure to allow ample time for travel and check-in.

If you use an inhaler or have allergies/asthma requiring medication you must bring your medication with you. Please label it with your name and phone number. The medical staff will brief you before the start of camp.

Please bring a bag lunch. Water will be available throughout the day.

To help ensure your safety, volunteers will be directing traffic and parking in the morning and at the end of the day. Please follow their direction and use caution. Carpool if you can.

For those traveling from points North and West, Route 33 is your best option to avoid traffic and congestion at the end of the day. Take Sullivan Trail North (left out of the lot) and turn left at the second traffic light (Rt. 191 South). The entrance to Rt. 33 is 50 yards ahead.

If you have younger siblings who will be attending as spectators, they are welcome to join us in the Pediatric Cancer Survivors and Friends Fun Tent for crafts, activities, special guests and treats beginning at 12 p.m. Please RSVP for the Fun Tent to firstandgoal@rcn.com.

Sport Psychology Workshop for Parents and High School Coaches

Two mini workshops will be offered to any parents, family members or high school coaches who will be attending camp. The sessions will focus on sport psychology, player development and personal development. There is no charge to attend these workshops. More detailed information on the workshops and the presenters can be found at www.laurensfirstandgoal.org/LFG-football-camp/.