



2020 Camper Informational Packet

Included in this packet will be information on:

- Directions to Campus/Campus Map
- Staff Contact Information
- Camper Check-In and Check-Out times and information
 - Daily Activity Schedule
 - What to Bring

****Please take some time to look over this packet for any questions you may have for preparing for camp or the Camper Check-In process.**

Directions to Campus

FROM 29 NORTH (from Charlottesville, Va.)

Take 29 South toward Lynchburg for approximately 60 miles. Merge onto US-29 South/US-460 West toward Lynchburg/Danville. Take the University Blvd. exit; take a left at the light. After the light, make your first left over the bridge onto East Campus. At the stop sign take a right and follow Liberty Mountain Dr. all the way to the East Athletic Complex, which will be located on your left.

FROM 460 EAST (from Roanoke, Va.)

Take 460 East toward Lynchburg for approximately 50 miles. Take the Candler's Mountain Road exit on the right toward Liberty University. At the end of the ramp continue straight onto Liberty Mountain Dr. Follow Liberty Mountain Dr. all the way to the East Athletic Complex, which will be located on your left.

OR Enter In GPS: **2200 Liberty Mountain Drive, Lynchburg, VA 24502**

Camp Staff Contact Information

Name	Title	Phone	Email*
Kyle McQuillan	Camp Director	w. (434) 592-3954	kamcquillan
		c. (719) 660-7213	menslacrosse
Mike Zumpano	Camp Coordinator	w. (434) 592-6827	lacrossecamps
		c. (860) 575-9469	mvzumpano

*Email addresses end in @liberty.edu

Camper Check-In

Day Campers

Camper Check-In for **Day Campers will open July 13th at 12:00pm** at the East Athletic Complex. Upon arrival campers will be asked to confirm all registration information, turn in forms and be issued camper apparel and locker assignments. All equipment may be left in locker for the course of the week. **Drop off will remain open each day until 2:00pm** when all players and parents will be asked to attend a required welcome meeting at 2:00pm. Following the Welcome Meeting, the first session will start at 3:00pm.

Camper Pick-Up

Day Campers

On **July 13th** camper pick-up will be at 8:30pm at the East Athletic Complex follow session 2 after dinner.

July 14th-15th camper pick-up will be at 5:30pm at the East Athletic Complex following our final afternoon sessions.

July 16th camper pick-up for the week will begin at 3:00pm following our skills assessment. Prizes for camp week will be given out during final day check out, and team apparel and equipment will be available for sale at our camp shop. All equipment for the week must be cleared from lockers Thursday by 4:00pm.

Daily Activities Schedule

2020 Flames Futures Day Camp				
Week Schedule July 13-16th				
Time	Monday - 13	Tuesday - 14	Wednesday - 15	Thursday - 16
8:00 AM		Drop Off Until	Drop Off Until	Drop Off Until
8:30 AM		8:30am	8:30am	8:30am
9:00 AM		Session 3 9:00pm- 10:45pm Men's Lacrosse Fields	Session 5 9:00pm- 10:45pm Men's Lacrosse Fields	Session 7 9:00pm- 10:45pm Men's Lacrosse Fields
10:00 AM				
11:00 AM		Chapel With BD 11:00am	Chapel With BD 11:00am	Chapel With BD 11:00am
12:00 PM	Camper Check- In 12:00pm- 2:00pm	Lunch 11:45am	Lunch 11:45am	Lunch 11:45am
1:00 PM	Welcome Meeting (Required for Parents and Players)	Activity Session 1:30pm-3:00pm Men's Lacrosse Fields	Activity Session 1:30pm-3:00pm Men's Lacrosse Fields	Session 8 - Skills Comp 1:30pm-3:00pm Men's Lacrosse Fields
2:00 PM				
3:00 PM	Session 1 3:00pm-4:30pm Men's Lacrosse Fields	Session 4 1:15pm-3:15pm Men's Lacrosse Fields	Session 6 1:15pm-3:15pm Men's Lacrosse Fields	Camper Pick Up 3:00pm
4:00 PM				
5:00 PM	Dinner 5:00pm- 6:00pm	Pick Up 5:30pm	Pick Up 5:30pm	
6:00 PM				
7:00 PM	Session 2 3:00pm-4:30pm Men's Lacrosse Fields			
8:00 PM				
8:30 PM	Camper Pick Up 8:30pm			

**Subject to Change

What to Bring

Day Campers:

- Pool Towel
- Bathing Suit (For possible water activity)
- Sunscreen

Equipment to Bring:

- Helmet
- Shoulder Pads
- Elbow Pads
- Gloves
- Cleats
- Running Shoes
- Mouth guard
- Stick



Dates to Remember:

Summer Prospect Day

Aug 22nd – 7:00pm

Welcome 2021s, 2022s &
2023s

Apparel to be Provided:

- Camp Pinnie
- T-Shirt
- Drawstring Bag
- Water Bottle

Hotel Information Flyer



Camp Dates: July 13-16th

**For hotel bookings contact below
(reference club sports lacrosse camps)**

Hampton Inn and Suites

\$85.00 plus tax - king, king suite, double queen

Address: 3600 Liberty Mountain Dr, Lynchburg, VA 24502

Phone: (434) 608-1224

Springhill Suites

\$79.00 plus tax for king and double queen

Address: 15171 Wards Rd, Lynchburg, VA 24502

Phone: (434) 237-5848



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