



## 2022 TEAM CAMPS – PLAYERS CHECKLIST

- East Stroudsburg University

- Give team camp application to coach to mail in. Players should NOT mail in team camp applications individually.
- Sneakers and Spikes
- T-Shirts – Shorts – Socks. There are eight scheduled practice sessions.
- Towels – Toiletries
- Linens or Sleeping Bag and Pillow
- Extra spending money for evening snack – pizza or subs
- Alarm Clock
- Sun Screen- if needed.
- Emergency phone numbers
- **IMPORTANT REMINDERS:**

Please make sure that Part II of the camp application is completely filled out.

Medical information is very important to us in case of injury or sickness.

All Money Orders should be made payable to Jim Cantafio.

- Once you check into your room, take pictures of any damage to your room as players are responsible for any damage.

- Make sure you provide all medical information requested on camp application and sign waiver as well.
- Lost keys and meal cards are the responsibility of players. Lost keys will cost you \$85 and lost Meal Cards will be \$25.
- Bring your own sleeping bag, pillow, sheets and blanket.
- Camp curfew is 11:00 PM