

THE NCFDP SUPER CAMP

at the University of North Carolina

Your application has been received and you have been accepted as a non-resident(dorm) to the camp. Please note the following general information and enclosed forms.

REGISTRATION FOR CAMP

You **must** bring the following, completed and signed, forms to the camp check-in on **Sunday, July 8 from 2 PM until 5 PM** in the **Second Floor Lounge of the South Tower of Granville Towers Dormitory** adjacent to the campus of the University of North Carolina. Please see enclosed information for directions. You will need the following documents at check-in:

- Participant Physical Screening Exam/Insurance Information/Consent to Participate
- Copy of Health Insurance Card (photocopy is OK)
- Athlete Information Checklist
- Waiver of Liability
- Athlete Code of Conduct (receive and sign at check-in)

DORM/DINING INFORMATION

Even though you are not electing to stay in Granville Towers, you may visit camp members that are in the dorm during the non-training hours of the camp. You, however, may **NOT** enter rooms uninvited, and you must abide by the same rules as the residents. **You may elect to eat meals at the dorm with the residents at an extra charge of \$24.00 for three meals per day, or \$7.00 for breakfast, \$8.00 for lunch and \$9.00 for dinner.** If you plan to eat meals with us, please bring a check for the entire amount to check-in, or a check daily for the number of meals you plan to eat. Checks for meals should be made out to **USFA/NCFDP** and given to **Coach Miller**. The first meal available will be dinner on Sunday, July 8 and the last meal will be lunch on Friday, July 13. If you will need parking during the camp at Granville Towers, please let us know in advance. There is **NO** parking at the training venue.

CHECK-OUT

Check-out for the camp will be in the same place as check-in from **4PM to 6 PM on Friday, July 13**. If your plans conflict with these times, we need to know in advance so we can make other arrangements. We will try to assist in any way we can.

TRANSPORTATION

It is your responsibility to get to the campus and the dormitory. If you have any special transportation issues or needs, please contact us in advance. We can probably help. In Chapel Hill, the city bus system is free. Several Athletes and staff are coming to camp directly from USFA Summer Nationals. We will try to make the arrival process as easy for you as possible.

BEHAVIOR/DISCIPLINE/ALCOHOL/TOBACCO AND DRUGS

There will be no drinking of alcoholic beverages, no smoking or use of other tobacco products, and no possession or use of any illegal substance or drugs. You are expected to behave in an appropriate manner at all times. You are representing your family, club, team, coach, etc. Please act in a way that reflects favorably on all of them. You are expected to be **on-time** for all training sessions and meals. Unlike many other camps, we have a **zero tolerance policy**. There are no warnings. If you don't comply with the rules, **we send you home immediately at your own expense**.

PLEASE BRING

- Fencing gear and clothing – You will need a complete fencing uniform (yes, including knickers and underarm protector for bouting.) You will need at least two working electrical weapons (more is desirable), a lame (metallic vest) for foil and sabre, at least two working body cords, breast protection(if you are of that gender), a mask that meets the 12kg safety standards, at least one glove and shoes appropriate for fencing and another pair for cross-training and running. The temperature will be very warm to hot outside and in the training venue. Be sure to bring extra towels, socks and T-shirts. Money – You won't need a lot of extra cash unless you shop for souvenirs, have a sweet tooth or develop after training munchies. There is a convenience market, ice cream, coffee, pizza, "Panera," and just about anything else you could want within a couple of blocks.
- Personal Items – **rain gear, endless energy, patience, sense of humor, etc.**

TRAINING SITES AND LOCAL TRANSPORTATION

Due to construction and renovations on campus and to athletic facilities, We will be using a number of training sites. To avoid confusion, please meet at the dorm in the morning to walk with us to the site for the day. It is a hike to the training venues and back(halfway across campus.) We will walk, rain or shine(staff too!) The bus system is for free time use only.

EMERGENCY MEDICAL FACILITIES

UNC is the home of the State Hospital. It is available for any and all emergencies. We will have a Certified Athletic Trainer at all of our sessions.

TRAINING SCHEDULE

Except for Sunday (no morning and afternoon sessions), Wednesday and Friday(no evening session), we will train three times a day from 2-3 hours per session. Mornings will typically involve cross-training, footwork and individual or small group lessons. Afternoons will be a group lesson in your weapon with your assigned coach. Evenings will be electrical bouting with a different emphasis each night. Wednesday evening is a free night for rest, a movie, laundry, etc.

REFUNDS

There will be no refunds of deposits. Refunds or pro-rated fees will not be made for late arrivals or early departures, unless prior arrangements are made. **There will be no refunds if an athlete is sent home for disciplinary actions, and any additional expense is the responsibility of the athlete's family.**

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